

Photo Location: Flinders Ranges National Park, South Australia

## Message from the Chaplain - Ian Lutze

### *Barossa Deutsch & Cultural Change*



We had a visit last week from a student from Germany, Friederike Zahn, keen to meet somebody who speaks 'Barossa Deutsch' for her research project. A search of the home came up with our Stan Rosenzweig, who claims to be the only child (out of a family of 11) who continued to speak German at home. Many senior Barossans remember parents or grandparents speaking some German but that's about where it stopped. So Friederike was very happy to spend an hour with Stan.

Friederike discovered what many visitors to the Barossa discover, that we are not a strange enclave speaking a fossilized style of German. For a long time now we've been English-speakers with occasional German phrases which are fun to share, make us feel connected, and remind us of our heritage. Since the World Wars of course none of us want to be 'too German'!

Apart from rare individuals like Stan, others have heard phrases passed down to their parents. So Loris loves to share her phrase "Nicht so fuss" (Not so fast!). My mother used to quote her uncle's "Wir müssen der river crossen" (We must cross the river!). Author Colin Thiele cites the Barossa Deutsch phrase "Vot it is den dat you tooning is?" (What are you doing?) [in *The Seed's Inheritance*, page 277].

Culture in any location continues to evolve, and the practice of religious faith does the same. As the Barossan churches shrink something will replace weekly church practice, because people need spirituality. But what will the future look like?

We celebrate weekly the religious culture that is precious to many of our residents, building bridges to the next generation as best we can. Nothing as radical as changing from German to English language, but significant change all the same. A little bit – every day. Friederike may have come too late to hear true Barossa Deutsch. If she returns in 10 years, her findings will be quite different again! As they say, 'Change is the only constant'.

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*



27 Bridge Street, Tanunda SA 5352

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



**Lutheran Church  
of Australia**

# Welcome

## NEW RESIDENTS

### Permanent

Valerie Kraft

Lennie Stoeckel

### Respite

Elmore Zeunert



## OCTOBER BIRTHDAY CELEBRATIONS

1st Stephanka Athanasov

1st Margaret Meyer

8th Lily Kernich

13th Betty Holness

16th Jo Zerk

29th Gladys Saegenschnitter

30th Melva Schmitke



## DEATHS

Our deepest sympathy to the families of

*Ingeborg Thomas* 9th September

*Darrell Norley* 11th September

*Barry Falland* 18th September

*Kevin Linke* 23rd September

May they rest in peace ..



## NOVEMBER TIT TAT

The deadline for all : News / Information / Stories is **Wednesday 25th October 2023.**

Email: [kasey.welch@tlhome.com.au](mailto:kasey.welch@tlhome.com.au)

## COUNT DOWN

92 days until 2024...

As of the 1st of October



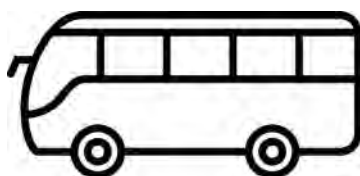
## SHOPPING BUS

Wednesday 4th October

Wednesday 11th October

Wednesday 18th October

Wednesday 25th October



The Bus will pick **IL Residents** up from their home

- ONLY if you have booked -

TLH (in home) residents must be at reception by 9am and must book.

**L**  **ng weekend!**

**CLOSING**  
Early @ 12PM

**Monday 2nd October**

**Friday 20th October**

The Administration Office and Entrance will be closed ALL DAY on Monday 2nd October and FROM 12PM on Friday 20th October.

During these times, please enter the facility via the Protea/Chapel Entrance.

If you require assistance, please call the Registered Nurse on **8563 7712**.

# FROM THE CEO

.....  
**Lee Martin**



It's finals time. Congratulations to Glenelg on winning the Grand Final – being a Sturt supporter not happy with the result. So, will it be Brisbane or Collingwood next week – I do hope Brisbane takes the flag.

At the reading of this article, Day Light Saving is upon us until April 2024. Remember to put your clocks forward an hour on Sunday night 1<sup>st</sup> October 2023.

Well spring is surely here. The weather has really started to warm up and the plants are growing. From the reports I'm receiving and briefings I've attended, summer this year is going to be a HOT one. The winter just past was the warmest on record, the rainfall was very average and there is little rain forecast into the future. The fire season is going to be extreme. It is great to see the work being done early by all the emergency services to prepare for all types of outcomes. So, please be aware of the weather, use the air conditioner to control the temperature in your homes, drink more water to stay hydrated, wear cool clothing and exercise in the coolest part of the day.

As of the 1<sup>st</sup> October 2023, the care minutes of 40 minutes of Registered Nurse per resident per day and 200 minutes of Carers time per resident per day becomes mandatory for all aged care services. Tanunda Lutheran Home is currently meeting the staffing requirement for the current resident mix. Discussions are continuing on the draft revised Aged Care Act, if you are interested in reviewing a copy it is available on-line. The requirement to have Registered Nurses on duty 24/7 is now mandatory – TLH has always met this requirement. Over 97% of aged care facilities now also meet the requirements.

With changes already made to the aged care sector, the number of resident incidents requiring a Serious Incident Report has dropped, the number of aged care facilities that are not meeting standards has reduced and there are good signs that the overall care of residents is improving too.

Did you know that there are estimated to be more than 400,000 Australians living with dementia appropriate aged care will be essential to meet the needs of the population. TLH has a reputation for the care of residents who are living with dementia. Our daily support programs ensure residents wellbeing, their safety is maintained, and their time is occupied with meaningful activities. Our staff are well qualified in the care of the residents. Should you have any questions about dementia, feel free to speak to our staff.

Finally, someone told me it is less than 100 days until Christmas. I hope you are getting ready for the silly season – Ha-ha.



## *Robot Update*

During the next couple of weeks, we are trialling a couple of new robots. The first robot cleans the floors – vacuums and scrubs them clean. They will be used to ensure the main corridors are clean allowing the cleaner to spend quality time cleaning the resident rooms. The robot will be tasked at night so it will not disturb the other robots. The second robot cleans the inside and outside of windows. By using this robot, we hope to ensure our windows inside and out remain clean all year round. Speckle the robot is back in action but he will be wearing his L plates for a while to get the hang of things again. Paro the seal is enjoying lots of attention and interactions from residents.



“Happiness is to hold flowers in both hands.”



**Tanunda**  
Lutheran Home Inc.



# QUALITY INFORMATION



**Sharon Berridge & Rebecca Hudson**  
**Care Manager & Quality & Training Officer**



Australian Government  
Aged Care Quality and Safety Commission

Engage  
Empower  
Safeguard

## Stronger Standards, Better Aged Care

A fact sheet for older Australians



Most people know what good care feels like. Staff are friendly and respectful, and they respond to your individual needs. You are well cared for by people who know their job. You have people to talk to about the things that matter to you. The organisation providing your care is well managed.

To make sure providers are delivering good care, we assess their performance against a set of [Quality Standards](#).

In 2021, the Royal Commission recommended that these Standards be strengthened. The Commission recommended improved clarity and measurability, and a stronger focus on areas including food and nutrition, dementia, governance, diversity and clinical care.

In response, the Department of Health and Aged Care has drafted a revised set of [Standards](#). These Standards will be implemented in July 2024.

We want to make sure you know what to expect from your aged care experience. We also want you to know what you can expect from us if your experience doesn't meet your expectations.

### Stronger Standards, Better Aged Care program

To help us support you to understand the new strengthened Quality Standards, we are implementing the Stronger Standards, Better Aged Care Program.

The aims of the program are that older Australians:

- are confident about their rights and what they can expect from their provider
- know how the Commission can help if something isn't right.





## What will the program involve?

As part of the program, we will:

- improve the way we work with older Australians, families and carers
- change the way we assess the quality of aged care provided
- make our requirements, processes and resources easier to understand, and be more transparent and consistent.

## Strengthened Quality Standards pilot

We are currently conducting a pilot to test how the draft strengthened Standards will work in practice. As part of the pilot, you may be asked to speak to us about your experiences. This will be voluntary and anonymous, and you can let us know if you do not want to be involved.

If you choose to participate, we will ensure that the care or service you receive will not be affected. More information on our pilot project can be found on our [website](#).

## When will the program start?

The changes to the way we regulate will happen once the strengthened Standards are in place. This is expected to be July 2024.

Before then, our focus is on improving how we engage and communicate with you. We are working behind the scenes to improve our systems and processes to make sure we are ready for the strengthened Standards.

Importantly, we are working hard to make sure our staff are prepared.

## We want to hear from you

We value your questions, suggestions and feedback.

We also want to know how you'd like to hear about our work and, importantly, how we can help you.

If you have suggestions, or you'd like more information on the Stronger Standards, Better Aged Care program, you can contact us by:

**Email** [agedcarereform@agedcarequality.gov.au](mailto:agedcarereform@agedcarequality.gov.au)

**Phone** 1800 951 822

**Post** Aged Care Quality and Safety Commission, GPO Box 9819, in your capital city

**Web** [agedcarequality.gov.au/about-us/stronger-standards-better-aged-care-program](https://agedcarequality.gov.au/about-us/stronger-standards-better-aged-care-program)



**Phone**  
1800 951 822

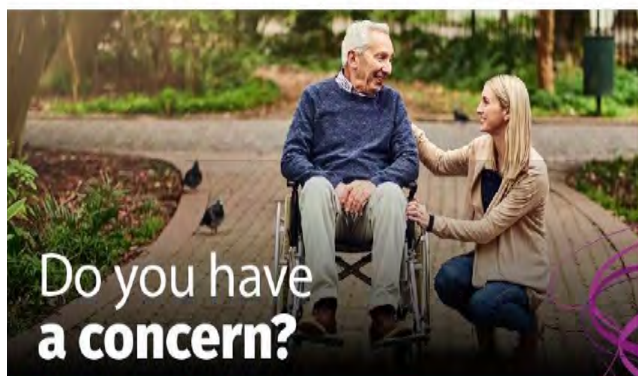


**Web**  
[agedcarequality.gov.au](https://agedcarequality.gov.au)



**Write**  
Aged Care Quality and Safety Commission  
GPO Box 9819, in your capital city





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:

Sharon Berridge, Care Manager  
Phone: 02 8563 7757 or Email: [sharon.berridge@lhome.com.au](mailto:sharon.berridge@lhome.com.au)

Lee Martin, Chief Executive Officer  
Phone: 02 8563 7755 or Email: [lee.martin@lhome.com.au](mailto:lee.martin@lhome.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 Inc.

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.



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 131460 (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:

Care Manager - Sharon Berridge  
(including Allied Health & Lifestyle) [sharon.berridge@lhome.com.au](mailto:sharon.berridge@lhome.com.au) or Ph: 8563 7757

Operations Manager - Rachel Strudwick  
(Including Catering, Food Service, WHS, Maintenance) [rachel.strudwick@lhome.com.au](mailto:rachel.strudwick@lhome.com.au) or Ph: 8563 7771

Financial Controller - Ameya Bhiskute  
(Accommodation & Fees/Bonds) [ameya.bhiskute@lhome.com.au](mailto:ameya.bhiskute@lhome.com.au) or Ph: 8563 7768

## COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During August, we received compliments about Care (1), Food & Beverages (2), Lifestyle (7), Maintenance (3), and Other (3). Also during August, we received complaints about Care (2), Food & Beverages (2), and Lifestyle (2), and a total of (5) Suggestions. We are working with the comment maker(s) in resolving the concern to the comment makers satisfaction.

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



# A voting team will be visiting soon

Here's where the team will visit and when:

Tanunda Lutheran Home

Thursday 05 October  
9:00am-12:00pm

**YOUR**  
*Answer*  
**MATTERS**

**YES NO**

**2023  
REFERENDUM**

The Mobile Polling booth will be located in the **Chapel**.

Please ask staff to assist you to the Chapel if you are a registered voter.

If you are unsure if you are required to vote, please see the Clinical Support in your area.

**Voting will only be available for in-home residents.**

[aec.gov.au](http://aec.gov.au) 13 23 26

Authorised by the Electoral Commissioner, 10 Mort Street, Canberra ACT 2601





# Guidance for **providing assistance to voters**



## Who can provide assistance to voters?

A voter can ask any person to assist them. This person could be a friend, relative, scrutineer or a staff member at a facility where they are voting.

If a voter does not have someone that can assist them, a polling official can provide assistance.

If a polling official is providing assistance and a scrutineer is at the polling place, the scrutineer must be able to hear the assistance being provided. This includes watching a polling official complete ballot papers on behalf of the voter.

## How can I provide assistance?

When assisting someone, you can:

- ✓ read materials
- ✓ fill out forms under the direction of the person you are helping
- ✓ explain the process
- ✓ translate information as closely as possible
- ✓ provide factual information that may assist the voter without bias
- ✓ fill out the ballot paper based on the voter's instructions whilst they are present
- ✓ return forms or postal votes to the AEC on behalf of the voter.

## Assisting with postal voting

A voter may choose someone (such as a friend or family member) to help them complete the ballot paper and the postal vote certificate.

Voters must sign the envelope or make a mark as a signature. No one, including a power of attorney, can sign for a voter.

## Assisting in another language

If you provide assistance in a language other than English, you are required to translate the information as closely as possible to prevent misinterpretation.

There are resources available to support culturally and linguistically diverse voters. These include a flip book with simple instructions on how to complete ballot papers in 34 languages and sample ballot papers.

There are 19 dedicated language-specific phone numbers, and another general line to access an interpreter for other languages (refer list below). These services can be used by any voter requiring assistance in a language other than English.

## What can't I do when providing assistance?

- ✗ You cannot make a voting decision on someone's behalf.
- ✗ You cannot influence their decision when providing information or completing ballot papers with them.
- ✗ You cannot sign for a voter, even if you have power of attorney.
- ✗ You cannot take away a voter's ballot papers and postal voting envelope and fill it out for them.



# How to make your vote count

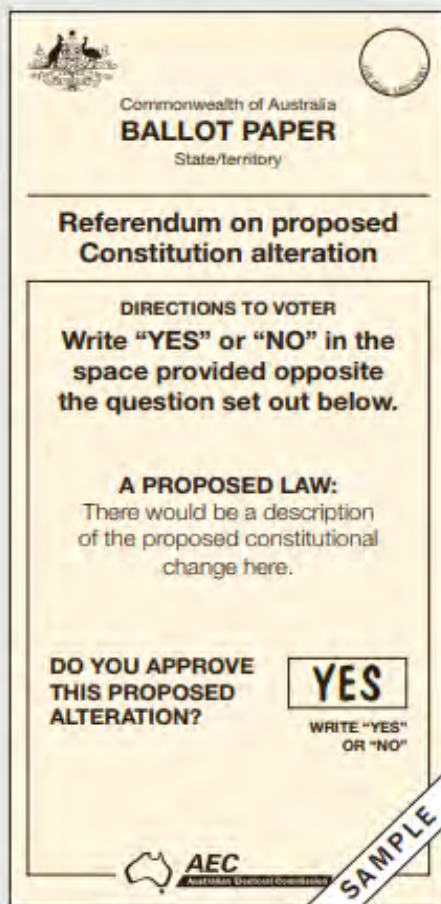
For this referendum you will receive a ballot paper with the proposed change to the Australian Constitution.

On the ballot paper:

Write **YES** if you approve the proposed change

OR

Write **NO** if you do not approve the proposed change



Commonwealth of Australia  
**BALLOT PAPER**  
State/territory

**Referendum on proposed Constitution alteration**

**DIRECTIONS TO VOTER**  
Write "YES" or "NO" in the space provided opposite the question set out below.

**A PROPOSED LAW:**  
There would be a description of the proposed constitutional change here.

**DO YOU APPROVE THIS PROPOSED ALTERATION?**

**YES**  
WRITE "YES" OR "NO"

 **AEC**  
Australian Electoral Commission

**SAMPLE**

Sample ballot paper



Commonwealth of Australia  
**BALLOT PAPER**  
State/territory

**Referendum on proposed Constitution alteration**

**DIRECTIONS TO VOTER**  
Write "YES" or "NO" in the space provided opposite the question set out below.

**A PROPOSED LAW:**  
There would be a description of the proposed constitutional change here.

**DO YOU APPROVE THIS PROPOSED ALTERATION?**

**NO**  
WRITE "YES" OR "NO"

 **AEC**  
Australian Electoral Commission

**SAMPLE**

Sample ballot paper

Don't worry if you make a mistake.  
You can ask for another ballot paper and start again.

Did You Know?



## Influencing a vote is an offence

A person who is an owner or a staff member of a hospital or a nursing home **must not intentionally influence the vote of an elector**. Legal penalties may apply to anyone found guilty of this offence.



# HOLLYWOOD

MOVIE OF THE MONTH



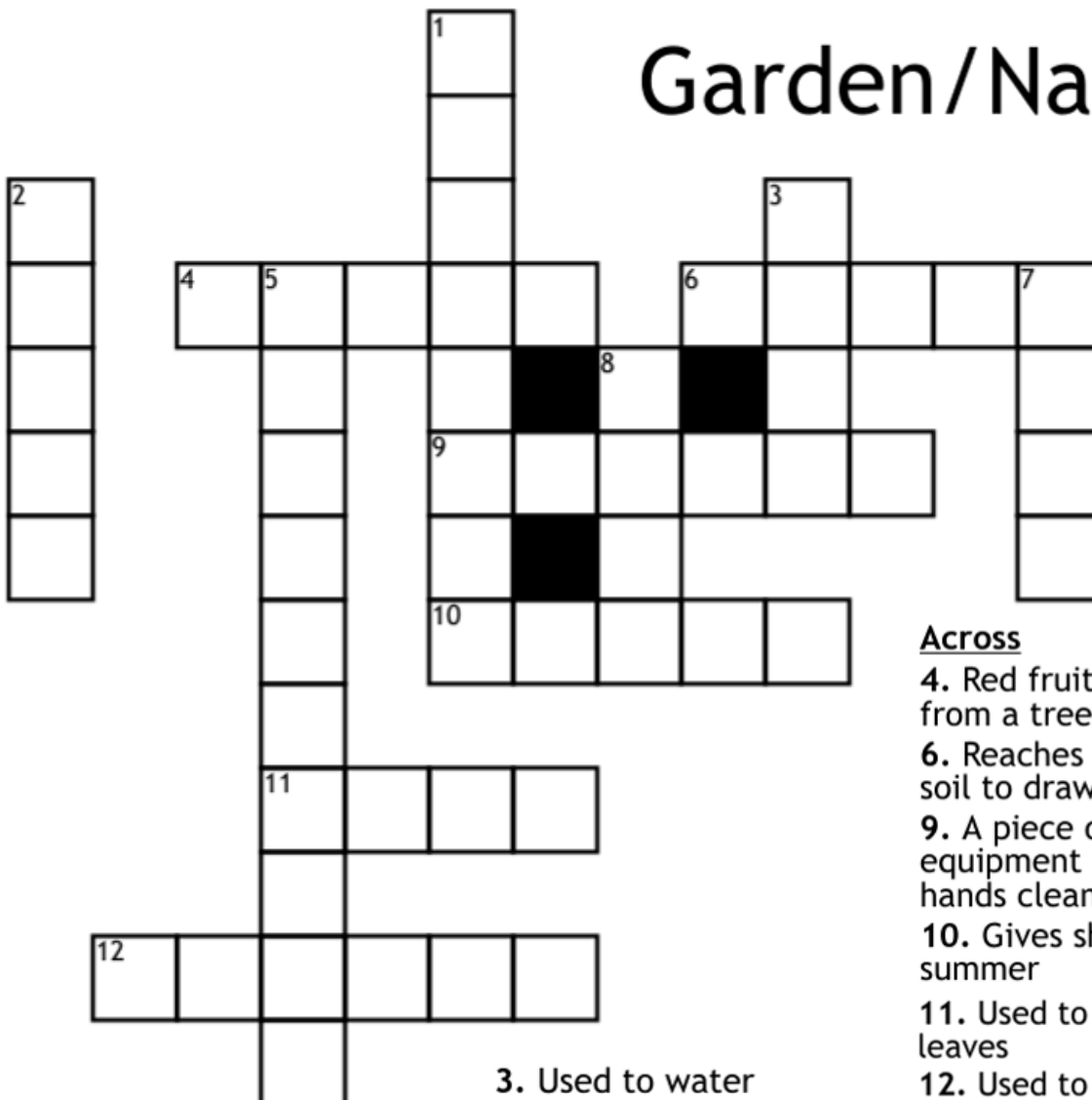
## 'Singin In The Rain' - Gene Kelly



'Singin' in the Rain' is a 1952 American musical romantic comedy film starring Gene Kelly, Donald O'Connor, and Debbie Reynolds. It offers a lighthearted depiction of Hollywood in the late 1920s, with the three stars portraying performers caught up in the transition from silent films to talkies. It offers wonderful songs and dance sequences, choreographed by Gene Kelly, and is generally recognised as a cinematic masterpiece and one of the greatest musicals ever made.

Come and visit the Hollywood Hallway located between the Hairdresser and the Courtyard Café.

## Garden/Nature



### Across

- 4. Red fruit that grows from a tree
- 6. Reaches deep into soil to draw nutrients
- 9. A piece of equipment to keep your hands clean
- 10. Gives shade in the summer
- 11. Used to clean up leaves
- 12. Used to dig into dirt

### Down

- 1. What plants need to grow
- 2. Yellow flower that shares a name of a character on Mickey Mouse
- 3. Used to water plants from a distance
- 5. Holds Flowers and Plants
- 7. First stage of a plant
- 8. Red flower that smells good

1. SUNLIGHT, 2. DAISY, 3. HOSE,  
4. APPLE, 5. PLANTERPOT, 6. ROOTS,  
7. SEED, 8. ROSE, 9. GLOVES,  
10. TREES, 11. RAKE, 12. SHOVEL

ANSWERS



# WELCOME TO OUR TEAM



Sharon Cook  
Payroll Officer



Michelle Turner  
Clinical Nurse Facilitator



## Konica Minolta Award — Semi Finalist

Congratulations to Sharryn Hueppauff on being awarded as a Semi Finalist for the '2023 South Australian - Konica Minolta Customer Service Award'. The awards encourage, acknowledge and reward the valuable contributions that individuals, communities and businesses make throughout South Australia. The award highlights the importance of exceptional customer service and its impact on building strong relationships and driving success in all aspects of business. We congratulate Sharryn for this amazing achievement.

## FOR SALE

**GK10 Shoprider Mobility Gopher/Scooter**

**\$500 CASH**

Date of Purchase: March 2012

The gopher will be located in **Protea** for a fortnight for any families or residents to have a look at.

Contact: Heather Moroni on **0419 727 316** or email **hjrivergums@bigpond.com** for more details.



# WHAT'S HAPPENING IN OCTOBER



*DAYLIGHT SAVINGS*  
*SUNDAY 1ST OCTOBER*

**CLOCKS SPRING  
FORWARD 1 HOUR**

Card making with Irene  
& Friends Thursday 5th  
of October from 10am in  
Protea.



OCTOBER 5th  
9am—12noon  
In the Chapel

## RESIDENTS MEETINGS

THURSDAY 5TH OF OCTOBER 1.30PM IN THE CHAPEL



### TLH Footy Tipping Presentation

Friday 6th of October 1.30pm in the Chapel

“come along and see who the winner was in  
your neighbourhood.”



### Auxiliary Ladies

Clothes mending  
Protea Lounge  
Tuesday 10th Oct  
1:30pm



### CONCERT

26th October  
1.30pm in the Chapel

James Kendall

“The Bikie Busker”



*Food Focus Meeting's will be held  
on a Tuesday afternoon for each  
area. Please see the program for  
your neighbourhoods day.*

Faith Junior  
School will  
be visiting  
us on the  
23rd of October  
at 10:30am in  
the Chapel.

**FAITH**  
LUTHERAN  
COLLEGE





## We welcome feedback

To book an appointment with Belinda Treloar you can contact the Executive Assistant by

Email: [britany.mickan@tlhome.com.au](mailto:britany.mickan@tlhome.com.au) or

Ph: 8563 7733

You can also contact The Aged Care Quality & Safety Commissioner on 1800 951 822 or National Aged Care Advocacy Line on 1800 700 600 - if you prefer not to raise your concerns with management.



Please return this form to the Quality & Training Officer at Tanunda Lutheran Home via any of the drop boxes located through out the home or drop of at reception alternatively you can post to

Tanunda Lutheran Home

Attn: Quality & Training Officer

27 Bridge Street TANUNDA SA 5352

This form gives you the opportunity to "Share Your Experience" about the service Tanunda Lutheran Home provides. We value all your feedback (both positive and negative) as it assists us, as we strive for best practice.

This form may be filled in by anyone: residents, relatives, friends or staff. Please feel free to ask staff to assist you to complete the form if required. There will be no reprisal in connection with comments.

The Manager will acknowledge receipt of this form and after any necessary investigations and consultation you will be informed of the results either in person or by letter if you have indicated so.

All the comments are forwarded to Rebecca Hudson (Quality & Training Officer) who coordinates the comment process and will ensure the correct person is notified of your comment.

You can also contact Rebecca directly via email at [rebecca.hudson@tlhome.com.au](mailto:rebecca.hudson@tlhome.com.au)

You are also welcome to talk to Customer Services Coordinator – **Belinda Treloar** if you are not satisfied with the way your complaint/suggestion is being handled.



**Tanunda**

Lutheran Home Inc.

Enriching the lives of our older people

## Comment Makers Information (Optional)

By providing your details it ensures that we are able to contact you and inform you of any and all outcomes from your comment.

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

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

On Behalf of: \_\_\_\_\_

If you have provided your details but wish to remain anonymous please tick the box ☐

### OFFICE USE ONLY

Date Received: \_\_\_\_\_ CCS Log No: # \_\_\_\_\_

Comment Maker Acknowledged:

☐ Phone Call ☐ Letter ☐ In Person

Comment forwarded to Department Leader: ☐

CI Required? Yes/No

Was the outcome satisfactory: Yes/No

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

Follow Up: 3 Months ☐ 6 Months ☐ 9 Months ☐ N/A ☐

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

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

Comments / Details:

☐ Would you like to discuss this issue with the relevant leadership team member?

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

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







# VOLUNTEER NEWS

Belinda Treloar;  
Customer Service, Volunteer  
& Leisure Coordinator



## VOLUNTEERING AT TLH

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

### Happy Birthday

To all our wonderful volunteers for the month of October.  
Many happy returns.



## CAN YOU HELP?

We are currently seeking volunteers for the following vacancies.

**\* Café Helpers to do basic kitchen tasks**

**\* Barossa Club Connections**

**\* Pampering in ABGO**

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

Hello Everyone,

Welcome to October, have you noticed how the sunshine makes people happy?????

If you are a volunteer with some free time, please pop over and take a resident out into one of the wonderful outdoor spaces we now have at TLH for a cuppa and a chat.

It'll make the world of difference to someone's day. As this year is flying by, you will shortly receive invitations for the annual volunteers Christmas celebration. If you have some ideas on how the event should look, please touch base and share your ideas.

I would like to give a big thank you to each and every one of you that contributed to the 700 hours given to the home in the month of September. Without you, it wouldn't be possible to do what we do. Have an amazing October! – Belinda



Do you have Social Media?

Head over to Facebook and like  
Tanunda Lutheran Home

You can also follow us on Instagram  
tanundalutheranhome





# ABGO RESIDENTIAL ACTIVITIES



The Men's Shed was where it was all happening this month. If you would like to join some men being blokes, please see the lifestyle team.



**Cali** the Dachshund made a visit to ABGO. She didn't know what to do with all the attention, so she lapped it up and enjoyed the cuddles.



Have you spotted Lizzie the Lizard enjoying the sunshine?





# RESIDENTIAL ACTIVITIES



**A GOOD DAY** is when the sun is shining , the rays are warm and the company is entertaining. Residents at TLH take every opportunity to get some vitamin D.



## WEDNESDAY WALKING GROUP

has been getting the lay of the land, meeting the neighbours and admiring the local gardens.



If you would like to join the lifestyle team, meet in the Protea area each Wednesday at 10.15am.







**OCTOBER**

**BREAST  
CANCER**

**AWARENESS  
MONTH**



# ACTIVITY PROGRAM

## Sunday 1st

10:00 Church Service	Chapel
1:30 Movement to Music	ABGO
2:30 Word Games	ABGO
4:00 1x1	ABGO

## Monday 2nd — Labour Day Public Holiday



## Tuesday 3rd

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Art and Craft	ABGO
1:30 Carpet Bowls / Happy Hour (All Areas)	TLH
2:30 Tunnel Ball	ABGO
3:30 1x1	ABGO

## Wednesday 4th

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (Weather permitting)	Leave from Protea
10:30 On this Day	ABGO
11:00 Waratah Service	Waratah
1:30 First Blessing of the Month	ABGO
1:30 BINGO	Chapel
2:00 Armchair Exercise	ABGO
3:30 1x1	ABGO

## Thursday 5th

Mobile Polling Booth 9 — 12noon in the chapel



From 10am CAFÉ' SHOP TROLLEY	
10:00 Card Making with Irene and Friends	Protea
10:30 Movers & Groovers	Chapel
10:30 Hoy	ABGO
1:30 Men's Shed / Ladies Pampering	ABGO
1:30 Residents Meeting	Chapel
2:30 Music Therapy / Sing along	ABGO
3:30 1x1	ABGO

## Friday 6th

From 9am TLH LIBRARY OPEN	TC
10:30 Chair Yoga	ABGO
10:30 Virtual table / Hoy	Waratah
11:00 Chapel Service	Chapel
1:30 Football Tipping Presentation (all Areas including ABGO)	Chapel
3:30 Gardening Group	ABGO

## Saturday 7th

1:30 Rap Ball	ABGO
3:00 Creative Corner	ABGO
4:00 1x1	ABGO

## Sunday 8th

10:00 Chapel Service	Chapel
1:30 Balloon Tennis	ABGO
2:30 Cards	ABGO
4:00 1x1	ABGO

## Monday 9th

10:30 Singing in the Chapel	Protea
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Memory Game	Chapel
3:30 Bingo	ABGO

## Tuesday 10th

Auxiliary Ladies Mending in Protea 1pm—3pm

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Pet Therapy / Paro	ABGO
1:30 Ten Pin Bowling	Chapel
1:30 Food Focus Meeting	Waratah
2:30 Sing Along with Doug	ABGO
3:30 1x1	ABGO

## Wednesday 11th

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Current Affairs	ABGO
11:00 Waratah Service	Waratah
1:30 Armchair Exercise	ABGO
1:30 Wheel Of Fortune	Chapel
2:30 Water Ping Pong	ABGO
3:30 1 x1	ABGO

Thursday 12thFrom 10am **CAFÉ' SHOP TROLLEY**

10:30 Reminiscing	ABGO
10:30 Movers & Groovers	Chapel
1:30 <b>Men's Shed / Ladies Pampering</b>	ABGO
1:30 Pick A Box	Chapel
1:30 Pampering	Waratah
3:30 1x1	ABGO

Friday 13thFrom 9am **TLH LIBRARY OPEN**

10:30 Chair Yoga	TC
10:30 Virtual table / Hoy	ABGO
11:00 Chapel Service	Waratah
1:30 Coffee and Chat	Chapel
1:30 Bingo	ABGO
3:30 Gardening Group	Chapel
	ABGO

Saturday 14th

1:30 Healing Hands	ABGO
3:00 Bean Bag Toss	ABGO
4:00 1x1	ABGO

Sunday 15th

10:00 Church Service	Chapel
1:30 Movement to Music	ABGO
2:30 Word Games	ABGO
4:00 1x1	ABGO

Monday 16th

10:30 <b>Singing in the Chapel</b>	Chapel
11:00 Worship Service	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Coffee & Chat	Chapel
1:30 1x1	Waratah
3:30 Bingo	ABGO

Tuesday 17th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Art and Craft	ABGO
1:30 Billiard Bowls	Chapel
1:30 <b>Food Focus Meeting</b>	TC
3:30 Tunnel Ball	ABGO

Wednesday 18th

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 On this Day	ABGO
1:30 Armchair Exercise	ABGO
1:30 Tunnel Ball	TC / Protea
1:30 Ping Pong	Waratah
3:30 Parachute	ABGO

Thursday 19thFrom 10am **CAFÉ' SHOP TROLLEY**

10:30 Hoy	ABGO
10:30 Movers & Groovers	Chapel
1:30 <b>Men's Shed / Ladies Pampering</b>	ABGO
1:30 <b>Knock'em Down</b>	Chapel
1:30 <b>BINGO</b>	Chapel
3:30 Music Therapy	ABGO

Friday 20th

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Chair Yoga	ABGO
10:30 Virtual table / Hoy	Waratah
1:30 Movie In Acacia Lounge	ABGO
1:30 Movie In Protea	TLH
3:30 1x1	ABGO

Saturday 21st

1:30 Rap Ball	ABGO
3:00 Creative Corner	ABGO
4:00 1x1	ABGO

Sunday 22nd

10:00 Church Service	Chapel
1:30 Balloon Tennis	ABGO
2:30 Card Games	ABGO
4:00 1x1	ABGO

Monday 23rd

10:30 <b>Faith Student Visit</b>	Chapel
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 <b>Knock'em Down</b>	Chapel
1:30 Word Games	Waratah
3:30 Bingo	ABGO

PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE

SUBJECT TO CHANGE. PLEASE SPEAK TO A LIFESTYLE TEAM MEMBER FOR DETAILS ON THE DAY—Thank you



Tuesday 24th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Afternoon Tea in the Garden	ABGO
1:30 Tarp Target Toss	Chapel
1:30 <b>Food Focus Meeting</b>	Protea
3:30 <b>What's in the Bag?</b>	ABGO

Wednesday 25th

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Current Affairs	ABGO
1:30 Armchair exercises	ABGO
1:30 Ping Pong	TC / Protea
1:30 Tunnel Ball	Waratah
3:30 Water Ping Pong	ABGO

Thursday 26th

From 10am <b>CAFÉ SHOP TROLLEY</b>	
10:30 Movers & Groovers	Chapel
10:30 Reminiscing	ABGO
1:30 Concert—James Kendall The Bkie Busker (all areas including ABGO)	Chapel
3:30 1x1	ABGO

Friday 27th

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Chair Yoga	ABGO
10:30 Virtual table / Hoy	Waratah
1:30 Cooking	ABGO
1:30 Bingo	Chapel
3:30 Gardening Group	ABGO

Saturday 28th

1:30 Healing Hands	ABGO
3:00 Bean Bag Toss	ABGO
4:00 1x1	ABGO

Sunday 29th

10:00 Church Service	Chapel
1:30 Movement to Music	ABGO
2:30 Word Games	ABGO
4:00 1x1	ABGO

Monday 30th

10:30 <b>Singing in the Chapel</b>	Chapel
11:00 Worship Service	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Word Games	Protea
1:30 <b>Knock'em Down</b>	Waratah
3:30 Bingo	ABGO

Tuesday 31st

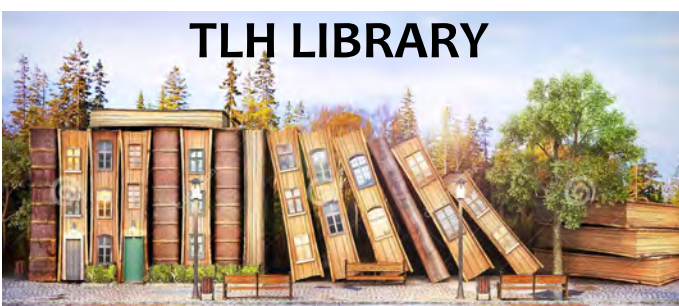
10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Art and Craft	ABGO
1:30 <b>Food Focus Meeting</b>	ABGO
1:30 Pampering (All Areas)	TLH

The lifestyle team are currently looking for donations for the Christmas Raffle. If you have an item that is new, that you would like to donate, please either drop off at reception or with the lifestyle team.

**Can You Help?**



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



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

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

# CHSP CLIENTS—COMMONWEALTH HOME SUPPORT PROGRAM

## Barossa Club Connections

**Exciting NEW Programs are  
coming to you!**

**Cheese & Chatters**  
**Healthy Living with Medicines**  
**Pampering / Manicures**  
**Wellbeing Bus Outings**  
**Paint & Sip**  
**Yoga Fusion—Relax / Breath & Unwind**



Ph: 1800 200 422



myagedcare

**Our Friendly staff  
will be promoting  
in your area soon.**

**...enriching your life**

Through Barossa Club Connections - Our CHSP program enriches lives. Providing opportunity for residents and community members to maintain social connections. A modern, accessible, safe and caring, home like environment, where you can enjoy the company of others.

For more information and to book your tour of our facilities please contact reception and ask for the Connections Coordinator  
**Phone 8563 7777**

**Lutheran Homes Barossa - CHSP**  
Commonwealth Home Support Program

**...book your  
appointment today**

(located within the Main building)

**Lutheran Homes Barossa**  
27 Bridge Street TANUNDA SA 5352

## Allied Health & Therapy Services

**Exciting NEW Services  
coming to you!**

**Individual Physiotherapy**  
**Group Physiotherapy Exercise Classes**  
**Hand Wax Bath**  
**Better Balance—Falls Prevention Program**



Ph: 1800 200 422



myagedcare

**Our Friendly staff  
will be promoting  
in your area soon.**

**...enriching your life**

Your Health team are specialists in a range of health and wellbeing services. They are available to assist you to build and retain your daily fitness levels. To help you to remain active, to ensure you have the flexibility, strength and overall good health to be active every day and enrich your life.

Programs are provide one on one to individuals, along with group fitness programs.

For more information and to book your tour of our facilities please contact and ask to be connected to a member of the Allied Health Team direct - **8563 7777**

**Lutheran Homes Barossa - CHSP**  
Community Allied Health Services  
Commonwealth Home Support Program

**...book your  
appointment today**

(located within the Main building)

**Lutheran Homes Barossa**  
27 Bridge Street TANUNDA SA 5352



# CHSP CLIENTS—COMMONWEALTH HOME SUPPORT PROGRAM



We extend our warmest gratitude to each and every one of you who came to the Community BBQ event. Your participation made it a truly special gathering, and we are deeply appreciative of your attendance.

## What You All Helped Create:

**A Heartwarming Get-Together:** The Community BBQ was more than just an event; it was a delightful get-together. We cherished the opportunity to spend quality time with all of you.

**Meeting Friendly Faces:** During the event, everyone had the chance to connect with the friendly faces behind CHSP (Commonwealth Home Support Program). You got a firsthand look at the diverse range of services and support we offer to enhance your well-being. Your questions and curiosity added depth to our discussions.

**Addressing Questions and Concerns:** We greatly value the open dialogue that emerged during our time together. Many of you raised questions and expressed concerns about aged care and CHSP services. We emphasized the significance of registering with My Aged Care and highlighted the benefits of meeting with our dedicated CHSP team to discuss your individual circumstances.

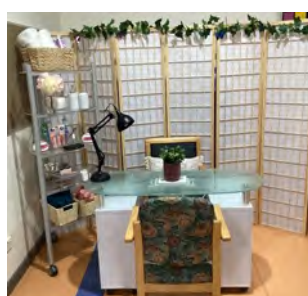
**Strengthening Community Bonds:** One of the most important aspects of our community is the strong sense of togetherness. It was a joy to see Independent Living Unit (ILU) residents coming together, sharing stories, experiences, and forging new connections within our close-knit community.

**Culinary Delights:** Our CHSP team, led by the incredible Julie, Tania, and Maarit, curated a culinary experience that left everyone delighted. From delectable BBQ dishes to mouthwatering desserts and a touch of wine, it was a feast for the senses. Laughter and camaraderie filled the air as we savoured the delightful food and shared in each other's company.

We want to express our heartfelt appreciation to all who attended and contributed to the success of this event. Your presence added warmth and vibrancy to the occasion, and we are grateful for your active involvement in our community.

Looking forward, we invite you to stay engaged and stay tuned for more exciting events and initiatives from Lutheran Homes Barossa. We remain dedicated to supporting your journey towards enhanced well-being and a fulfilling lifestyle.

Once again, thank you for making this community BBQ such a heartwarming and memorable gathering. We eagerly anticipate the opportunity to welcome you back to our future events.



# WORD SEARCH

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

TRINITY COURT

RESIDENTS

VISITORS

TANUNDA

FAMILY

WARATAH

FRIENDSHIPS

VOLUNTEERS

GREVILLEA

BANKSIA

ACACIA

PROTEA

ACTIVITIES

OLEANDER

SUPPORT

ROBOTS

BAROSSA

STAFF