

A message from the CEO

I am sure everyone says this, but isn't it amazing how time flies? We are already more than half way through the year and there are still so many exciting things to do before the year is out!

I am pleased to announce that the positions referred to in my previous report have now been filled and we welcome on board the following key personnel:

- Tim Humphries
Executive Finance
- Alistair Henderson
Business Development Manager
- Philip Weekley
IT Coordinator

Two new Clinical Services Managers have also commenced - Andrew O'Connell at Homewood and Michael Murphie at The Belmont. Welcome to all - we wish them the very best during their time at TLC Aged Care.

TLC Aged Care will soon be celebrating the opening of its eighth home, Noble Manor, which is located in Noble Park. The 112 bed home will provide a wide range of accommodation to members of the community requiring residential aged care.

As part of our commitment to ensuring we keep in touch with the needs of Residents, families and staff, Jenny Leaper and I are continuing to visit the homes on a regular basis. Our most recent visit was to The Homestead, where we attended the Resident Support Group meeting. It was a delight to meet and talk with the Residents and to be kept informed of some of the great things that are being done.

A number of the Clinical Services Managers, Team Leaders, members of the Executive Team and staff from the Support Centre have now completed their Diploma in Business - Frontline Management. TLC Aged Care has supported these staff members in completing the course which has been running over the past year. As part of our commitment to professional development, we plan to run the course again in the next year.

As you may be aware, there is new 'Elder Abuse' Legislation in place, which was introduced by the Federal Department of Health and Ageing to increase the protection of the elderly living in residential aged care. The Legislation came into effect on 1st July 2007. The Legislation requires mandatory reporting of suspected or alleged abuse of Residents by staff or other Residents. TLC Aged Care has introduced the required policies and procedures to ensure that the Legislation is adhered to. Our commitment to ensuring that our Residents are protected is a priority at all times. Staff are being provided with ongoing training in relation to their responsibilities. Current research shows that the incidence of elder abuse in residential aged care is very small. The intention of the new Legislation is to ensure that if abuse does occur, it is dealt with in a consistent manner.



Ingrid Williams
Chief Executive

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Notice to all Residents & families . . .

Food Safety Advice

We at TLC Aged Care have a Food Safety Program in place across all our facilities to help ensure that the food purchased, prepared and cooked for our Residents is safe and complies with the Victorian Food Act 1984.

Our Residents are in a vulnerable age group and, therefore, are at a higher risk of food poisoning, so your co-operation is essential if you wish to bring food in for them.

At TLC, we allow and encourage family and friends of our Residents to bring in special food and treats as it helps to enhance the Residents' quality of life. Please ensure that the following guidelines regarding food safety set out below are followed:

- Ensure good hygiene practices. Ensure clean and sanitised work surfaces are used when preparing food.
- Perishable, high risk foods must be kept at below 5°C and transported in an insulated container. High risk foods are cooked rice, egg products, stews and gravies, seafood products, dairy products and cooked meats. Upon arrival at the facility, these types of food must be refrigerated immediately.
- Label food with date it was prepared and by whom, as well as what ingredients were used. If the food was purchased in a shop, label with the name of shop and date it was purchased. Label with Resident's name and room number.
- Food to be re-heated must be transported cold at 5°C or less and refrigerated on arrival. On reheating of food, it must be reheated to over 65°C.
- Food should be prepared in a hygienic manner and stored correctly in a clean food grade container.

Please advise staff when you bring food into the facility, so that the details can be recorded.

Also, please note the following:

- Food can only be reheated once.
- Perishable food that is not consumed within 24 hours will be disposed of.
- Food that is brought into the facility for Resident consumption must be recorded on the Incoming Food Log which is located at Reception.

Your assistance and co-operation is essential to ensure that only "safe" food is given to our Residents.

Ingrid Williams
Chief Executive Officer



HOMESTEAD ESTATE

The Combined Newsletter Section for The Homestead & Homestead Lakes

Homestead Estate

We are all enjoying the welcome autumn / winter rains. Hopefully, the drought will break and the water catchment areas and all the local dams will again be full!

I have been filling in at The Belmont for the past three months and would like to take this opportunity to thank Virginia, Lisa, Mavourneen, Sandy, Sandra and Trish for covering in my absence. They have all done a terrific job, with both facilities reaching full occupancy.

The Homestead

Occupancy has been steady for many months, with many new faces - Residents and staff. The Lifestyle program successfully continues in both areas with a welcomed increase in the sundowner shift hours (Florence) in July.

Three meetings have been held with staff, Residents and family regarding the proposed Food Services change over to Medirest. The change over date is still to be set.

Homestead Lakes

Full occupancy was achieved in June. Each day Residents are seen mixing - enjoying each others' company and watching TV in the main lounge area.

The exercise equipment has arrived and has been installed. Many Residents are enjoying using them under Sophie's supervision.



Families please remember to label any new items brought into your loved ones. Also, please check the lost property for any items Residents are missing.

A big thank you to all the staff at The Homestead and Homestead Lakes for providing our Residents with Tender Loving Care. Well done!

Until next time, enjoy the lovely winter weather ...

Fran Durham
Clinical Services Manager

The Homestead - Latest Staff News:

Welcome to the Team

- ♥ Dale Burn - Receptionist
- ♥ Zoe Guidotti - PCW
- ♥ Libby Hogg - RN Div 1
- ♥ Katrina Madden - RN Div 2
- ♥ Cheryl Taylor - RN Div 2
- ♥ Sonya Wimmmler - RN Div 2
- ♥ Debbie Wray - PCW
- ♥ Samantha Robinson - Div2

Goodbye, good luck and thank you

- ♥ Judi Oliva - RN Div 1
- ♥ Peggy Austin - RN Div 1 (to Casual)
- ♥ Natalie Lont - PCW (to The Belmont)

Homestead Lakes - Latest Staff News:

Welcome to the Team

- ♥ Rachel Hughes - Team Leader, Suffolk
- ♥ Amy Rutherford - PCW
- ♥ Gillian Rees - PCW
- ♥ Wendy Spence - Reception

Goodbye, good luck and thank you

- ♥ Kristy Gasper - RN Div 1, casual
- ♥ Prue Clissold - PCW
- ♥ Kerrin Rintoul - PCW
- ♥ Kate Parbury-McLean - RN Div1, casual
- ♥ Trish Harries - Reception, casual

Homestead Lakes Resident of the Month

April: Hilda Weston
May: Thelma Kerr
June: (No nomination)

Team Members of the Month

The Homestead Homestead Lakes

April:	Lisa Tregenza	Joe Troop
May:	Samantha Tucker	Kathy Riordan
June:	Carol Dell	Vicky Parker

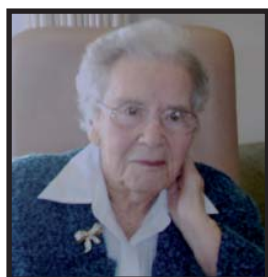
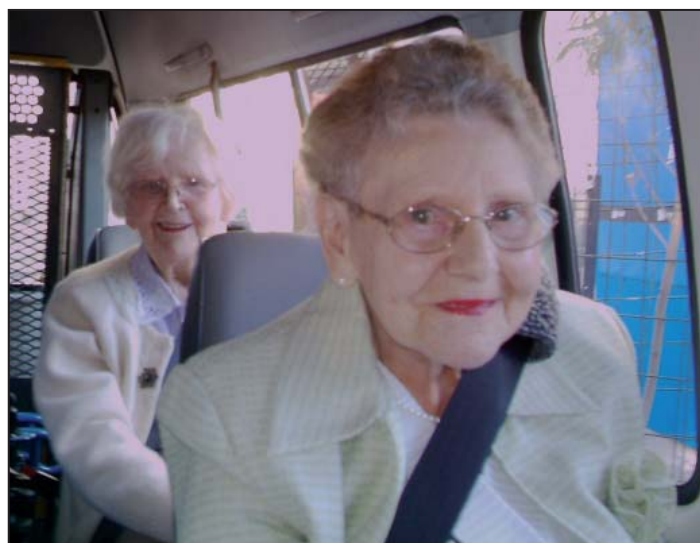


THE HOMESTEAD

lifestyle@thehomestead

Mosaic Exhibition

Some Residents of The Homestead took a trip to the National Wool Museum in May. The Museum was holding a special "Mosaic Exhibition", which Residents found very interesting. The day was thoroughly enjoyed by all those who went along.



Elsie Wrathall's 100th Birthday!

Residents, family, friends and staff helped Elsie Wrathall celebrate her 100th Birthday at a very special party on 19 June 2007.





HOMESTEAD LAKES

lifestyle@homesteadlakes

Dorset and Suffolk News

Elizabeth Coyne volunteers her time each Monday to accompany our singing group by playing the piano. The singing group, along with Elizabeth, entertained the Residents at The Homestead recently. The concert was enjoyed by all. Thank you, Elizabeth!

Homestead Lakes have finally broken the drought, after many months of losing to The Belmont in our Carpet Bowls competition. We have now won the last two games and, as Peta said, "It feels good to be on a winning team – the practice has paid off".



This song was composed by Residents on the bus on the way to Morning Melodies:

*We're going to Buckleys to do some singing
with all our lovely voices we'll be bringing
and we'll all enjoy our cup of tea
with all that jolly good company.*

*We'll enjoy the scones with all that cream,
And oh! Those sandwiches... what a dream.*

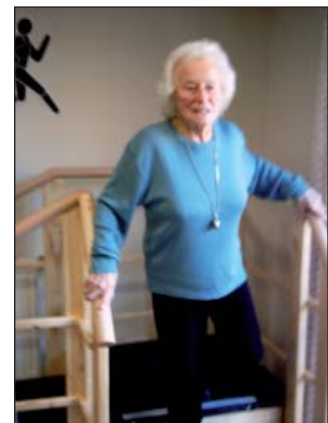
*We sang 'Personality' and
'Save the last dance for me',
'King of the road' and 'Closer walk with thee'.
The singers were great, they wore a cowboy hat.
It made us sing better ... how about that!*



Physiotherapy Update:

Our new Physiotherapy room is up and running and the two new pieces of equipment - parallel bars and corner steps - have proved wonderful assets to the program we are able to offer Residents. The parallel bars are particularly useful for the less mobile Residents, enabling them to walk safely and confidently. The corner steps are unique in that nowhere else in the facility are there steps. Steps provide numerous benefits including cardiovascular and balance.

It is encouraging to see TLC so supportive of programs and initiatives that are proven to be of significant physical benefit. Family members and friends are welcome to come in anytime to see the new Physiotherapy room.





THE BELMONT

Developments at The Belmont

First of all, I would like to thank all the Residents, families and staff for being so welcoming, receptive, responsive and supportive during my three month stay at The Belmont.

There have been many challenges and positive improvement throughout the facility:

- New name badges for TLC staff.
- Installation of electromagnetic locks and key pads in Duggan.
- Duggan TV has been wall mounted.
- Purchase of alarm mats for falls prevention.
- Purchase of thermal blankets.
- Purchase of a shredder for Administration.
- Purchase of thermal covers for the food trolley.
- Purchase of air mattresses.
- Trial of Arjo lifting machine (to be purchased).
- The commencement of the construction of nurses' stations in Craig and Sutcliffe.

We were all delighted to have Marilyn Humphrey, Team Leader, return from her Long Service Leave and we thank all the RN DIV1's who filled in for her.

We will be welcoming a 3rd team Leader to The Belmont in the new financial year - for Sutcliffe / Craig and Duggan.

Recruitment has been a priority and is ongoing. More care hours have been implemented on the day and evening shifts, laundry hours are to increase in July to include Saturdays, Lifestyle hours will be included on Saturdays in Duggan.

We are very fortunate to have such caring and hardworking staff to provide our resident care. They all do a wonderful job. Thank you.

Thank you to all the Residents for assisting us to continuously improve and provide us with comments and suggestions.

We congratulate and welcome Michael Murphie as the new Clinical Services Manager and wish him well with the management of The Belmont. Michael commenced on 12 June 2007.

The past three months have seen many new faces - Residents and staff. The Belmont certainly is a hive of activity.

The Belmont is scheduled to go through Accreditation later in the year, so the whole team will be working together to achieve 44 out of 44 outcomes. A successful unannounced Support Visit was conducted by the Aged Care Standards and Accreditation Agency on Monday, 9 July. Thank you to all who assisted.

Thank you for having me - it has been a rewarding experience.

Good health and luck to all.

Fran Durham
Clinical Services Manager

Thought for the Day

You can tell a lot about a person by the way he/she handles four things: a rainy day, the elderly, lost luggage, and tangled Christmas tree lights.



Latest Staff News:

Welcome:

- Amanda Palmer, PCW
- Cheryl Cave, Hospitality
- Robyn Brian, RN Div 2
- Melissa Pearce, Reception
- Angela Caciolo, PCW
- Pauline Wimmmler, PCW
- Sarah Williamson, Laundry/ Hospitality
- Steve Sedgemen, RN Div 2
- Brigitte Giraud, PCW

Farewell:

- Rhonda Browning, PCW
- Joan Mayall, transferring to Homestead Lakes
- Rose-Marie McMahon, PCW
- Jan Shea Simonds, PCW - Casual
- Adele Saunders - Casual
- Michelle Warner

Birthday Wishes for Someone Special?

Do you have someone you would like to wish happy birthday to? Send your birthday message to office@tlcpl.com.au and have it featured in the next TLC Times!



Team Members of the Month

Congratulations and well done!

April: Joanne Ellis, PCW

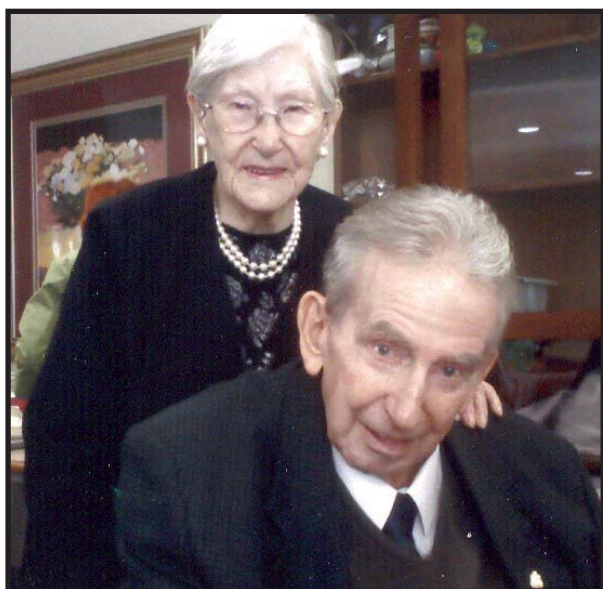
May: Irene Kent, Hospitality

June: Wendy Harrington, PCW

Happy Days!

Narana Aboriginal Centre

Ladies from The Belmont ventured out to Narana Aboriginal Centre on the Torquay Highway. The ladies admired the Aboriginal art on sale, as well as the hand woven baskets, which were spectacular, and the didgeridoos. They were lucky enough to have the didgeridoo played for them, which was amazing. The centre also has a café which was extremely inviting on the cold day, with the open fire and lovely hot cappuccinos. We hope to head back to Narana Aboriginal Centre and walk along the nature trail to see the native plants and animals, such as emus.



Congratulations Les and Eileen!

Les and Eileen James recently celebrated their 65th wedding anniversary. The celebration was held in the Craig Dining Room over lunch. The couple and their guests celebrated with champagne and a beautiful big cake. The table looked fantastic with sparkles, balloons, and flowers - thanks to Jill's creative flair. Les and Eileen had a fantastic day to say the least, and it took Eileen a couple of days to come back to reality after such an overwhelming day. I wish the couple all the best and congratulate them for achieving such a milestone.

Winter Sunshine

Duggan Residents have been making the most of the sunshine in between rain showers this winter. Often you will find them sitting outside in the sunshine with their morning or afternoon tea, reading a newspaper, magazine or listening to the much loved talkative budgies. Residents have been lapping up the winter sunshine and enjoying getting their vitamin D.



Just for a laugh ...



An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"



Closing the generation gap

The last few months have been business as usual. Our chef has produced a new menu, which has commenced. As always, Residents are invited to attend the monthly Food Focus meetings to give their thoughts and suggestions regarding the food items offered. Our chef, Robert, attends these meetings and is always prepared to listen and take on board any comments/compliments/complaints that are forthcoming.

I would like to take this opportunity to thank those Residents who regularly attend and also gather the opinions of their co-Residents to share at these meetings. I believe that both the Chef and Residents have found these meetings beneficial in Marina's aim to provide meals which our Residents, visitors and staff can enjoy.



Some special events planned are 'Chinese Day' and 'Christmas in July', which will be held on the 25th.

Accreditation visits: We are going through the accreditation as this edition goes to print.

Jane Elliott
Clinical Services Manager

Staff News

Farewell to: Carol Stevens who has moved on from administration to massage. We wish her all the best in her new profession.

Welcome to: New employees who have joined the Marina Team. I would like to take this opportunity to wish them well and hope that they find the challenges of being a Marina Team Member rewarding.

RN Division 1: Anne Singleton
RN Division 2: Mark Tyrrell
PCWs: Violetta Are, Raylene Hallpike, Katherine Hill, Katie Newton, Maritess Somers, Zita Smith and Selemawit Seyoum
Administration: Cheryl McSwain
Welcome back: Ada Brear who has come back to us after taking time off to look after her family.

Team Members of the Month Congratulations!

April - Donna Brennan, Rayni Botha, Judy Reid

May - Erwin Martinez, Irma Makarewitsch, Elizabeth Ellen, Frances Jones, Gina Skoric

June - Antoinette Fava, Jay R Teng, Donna Brennan, Stella Attard, Magda Flint, Adele Hughes, Emma Hildebrand

Lifestyle report ...

Talk about early intervention!

Marina, in conjunction with Hobsons' Bay City Council, are currently trialling a playgroup. Parents and their babies attend each week to share with our Residents and each other. This time has become extremely meaningful, worthwhile and fun. The new mums have, no doubt, received some valuable insights, advice and tips from our Residents.



lifestyle@marina

In giving we also receive -

That's right! Many of our ladies took up the challenge of knitting specially designed jumpers for babies in Africa (who would otherwise be wrapped in newspaper when they are born). As you can see by some of their efforts, the results have been absolutely fantastic. Thank you to Winifred Perrin for passing on the idea and patterns.

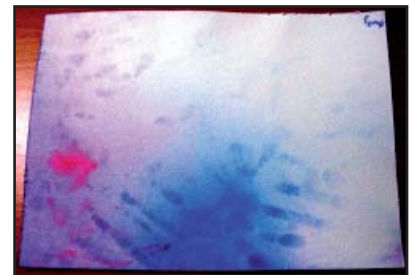


Residents have been getting out and about to such places as the National Gallery, the Melbourne Museum, Newport Senior Citizens Club, Ajays restaurant, Werribee RSL, Altona Gate shopping centre, Morning Melodies, McDonalds, fish and chips, etc., etc.



Remembered Not Forgotten

ANZAC Day at Marina was commemorated with a service conducted by the Altona RSL. Many of our Residents displayed their medals with great pride. The rest of the day was spent having a quiet beer, playing two-up and reflecting on times past.



And 'staying home' at Marina certainly does not mean doing nothing! There has been dressing up, in house movies, hymn singing, magic show, Tony Houseman, Derek Redfern, Stephen Farquar and sing-a-longs with Vic and Graeme. St Paul's College year 10 students visited for six weeks to gain some insights and develop community links with our Residents. Along with all of that, there are many games of Upwords, cooking, exercises, tai-chi, aqua-aerobics, art work and on it goes!



Yes, it was on again and, yes, it was BIG! I am referring to The Biggest Morning Tea, of course. Lots of fun, chatter, food and money raised, which was gratefully received by the Cancer Council.

We look forward to sharing with you next time. Until then ...

"A smile costs less than electricity and gives more light" - Scottish Proverb

Sharon Oats, Lifestyle Coordinator





NOBLE GARDENS

‘Wellness Centres’ open

Wow ... has there been some excitement at Noble Gardens since we last spoke! Firstly, The Aged Care Standards and Accreditation Agency visited us on 12 and 13 June. The preparation and planning for this visit was enormous as the general theme was that we wanted Noble Gardens to be assessed and evaluated as the wonderful aged care facility that it is!!!!!!

Every staff member had some input into our final presentation that related to the 4 Standards:

- Management Systems
- Health and Personal Care
- Resident Lifestyle
- Physical Environment and Safe Systems

The encouragement that I received from all the wonderful people at the Support Centre was invaluable and contributed to Noble Gardens success. Also, the ongoing interest and suggestions from my fellow Clinical Services Managers must be mentioned, as they were only a phone call away when an answer was needed or a problem solved.

I would also like to thank Residents and families for their input and honesty when they were interviewed about their day to day life here at Noble Gardens. The consistent feedback from the 4 auditors was that the Residents and staff very much feel part of a family, where their thoughts, wants and feelings are respected and any actions are acted upon to give their lives love and purpose.

Overall, it was a most rewarding project where all our skills and knowledge were challenged to assist creating a long term facility that focuses on excellence in care for our Residents.

The second thing I would like to tell you is about the new, fabulous ‘wellness centres’ here at Noble Gardens. The bathrooms in Jasmine and Gardenia Units were not being used (I bet you didn’t know we had a spa bath). Staff had a brainwave, creating areas which can be used for the relaxation and enjoyment of our Residents.

An Artist hand painted bi-fold doors, giving the rooms an ambient theme. Covers were made for each bath and aromatherapy oils, candles and Egyptian Cotton towels were purchased. The employment of Aromatherapist, Claudia, completes the equation, providing nurturing ‘wellness centres’ focusing on the individual’s needs. Staff will be encouraged to undertake education relating to massage, meditation and environment with the expectation that Noble Gardens will become a calm and relaxing environment for all.



Jasmine Unit - Soft tones, with a contemporary oriental feel, provide an environment of relaxing and wellness.



Gardenia Unit - Dark colors, combined with an ethnic feel of the exotic, provide an environment of luxury and indulgence.

Another very very exciting experience at Noble Gardens was the Monash University study which looks at improving the memory function of people suffering from Alzheimer’s Dementia. This research is specifically investigating the potential benefits of therapeutic interventions including music therapy, animal assisted therapy and activities groups in comparison to a “no intervention” control group. We believe that involvement in this research will contribute to a greater understanding of optimal dementia therapies.

Just to let you all know, I am off to Serbia on the 15 July for 4 weeks, to spread the good news about Australia. The Team Leaders will be first contact for you and I’m sure you will all support them. In my absence business will continue as usual with all the day to day activities of a busy aged care facility.

Take care enjoy the rain and, as a good Aussie will say, cya later ...

Clare Dyer
Clinical Services Manager

Team Members of the Month

- ♥ April:
Angela Howard, Deidre Vaughan
- ♥ May:
Cheryl Dahlstrom, Sally Meyer,
Jo Murphy
- ♥ June:
Allyson Bennett, Julie Proctor,
Sandra Pacillo



Celebrating past and present

Well, where do I begin? Everyone at Noble Gardens has been extremely busy and active since we last chatted.

The Lifestyle team held an ANZAC day service on Saturday, 21 April 2007. Family, Residents and staff were all invited to attend the service. Students from neighbouring schools came in to do readings for the service. We also had many Residents participate by reading out prayers, laying the wreath to the fallen, and also being MC for the occasion. Volunteers from the Noble Park RSL visited for the day, reading prayers and making a tribute speech, "What is ANZAC Day?".



Thank you to Father John Padre, guest speaker, John Meehan, and Gordon Murray, President Noble Park RSL, for their attendance. The day was a great success with many Residents, families and guests attending the service and staying behind to mingle over a lovely afternoon tea.

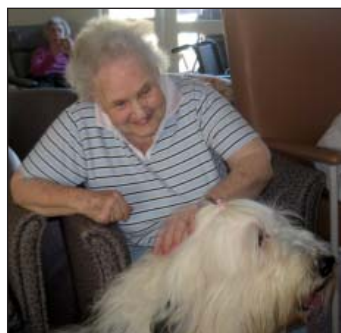
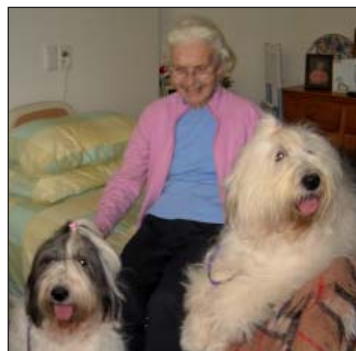
On Saturday, 12th May, the Lifestyle team held a fundraising sausage sizzle day at Bunnings in Keysborough.

This was the first BIG fundraiser for the year and was a great success.



Thank you to all the wonderful volunteers - the day could not have been as successful as it was without their help. Volunteers happily chattered to the shoppers buying sausages introducing who we are, where we are from and generally having a good old laugh. We even had a member of the public pose for a photo with staff!!!

The Pet Therapy visitors and pets are very much welcomed, with Residents happy to pose for a photo with the animals. This also allows Residents to reminisce about their pets .



Outings at the Noble have always been popular with the demand to take residents out always a big ask. The bus is constantly full with no spaces to spare. One of the outings was to a pokies venue - unfortunately, with no luck to be had!



Cafes have been visited and lunches enjoyed at neighbouring RSL's and hotels. Some of the men of Noble Gardens enjoyed an outing to the Moorabbin Air museum. Another favourite destination is the movies.

Until next time, keep your days laughing and busy and live life to the fullest.

Maria Agrapidakis
Lifestyle Co-Ordinator



HOMewood

Getting to know you ...

Hello, I am Andrew O’Connell and I commenced working at Homewood in early June 2007. I have been working in aged care in Victoria for the past two years as a Facility Manager. My experience is in management and I would like to bring these skills to Homewood to improve our services to our Residents.

I came from NSW where I had been working in multicultural health and managed the mainstreaming of the health services to people from a cultural and linguistically diverse background. While in this role I was asked to work at a large state run aged care facility. This is where I became interested in aged care and, specifically, issues related to dementia. I was lucky to undertake courses in Person Centred Care and complete my dementia care mapping. This is a nursing process that aims to provide care to Residents, particularly with a dementing illness, that focuses on how we communicate with Residents and provide a service that improves Resident well being.

In 2004, I also attended a conference in Frankfurt, Germany, on the assessment of care needs for the elderly. As part of the conference we were taken to the house which had belonged to Dr. Alzheimer, whose name is now linked to a dementing illness. I also visited my two children who were living in Berlin at the time.

To achieve the goals that we have set, we need to involve the Residents, staff and the families in the planning and delivery of services at Homewood. Working collaboratively we will make the lives of our Residents and staff happy and hopefully fulfilling.

The staff at Homewood have made me feel very welcome and I intend to provide a level of service to our Residents that we at TLC can be proud of. I am very grateful for the support which Carol Cummins has given me and hope we can continue to work well together.

Currently at Homewood we are recruiting more staff and will be interviewing for a Team Leader in Blue Gum. This is an area where we need to provide a high level of service to our Residents’ with a dementing illness.

Andrew O’Connell
Clinical Services Manager

Latest Staff News:

Team Member of the Month

♥ April: Francis Walden
Nancy Oosterhof
Mandy Addicoat
Wendy Meyer
Lisa Bonney
Kirita Amituanai

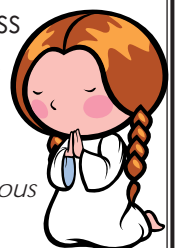
♥ May: Debbie Moss
Marta Dyrsmid
Jackie Robinson

♥ June: Rose Ikogwe
Caroline Herft
Lyn Crook

Beatitudes for Friends of the Aged

BLESSED are they who understand
My faltering step and palsied hand.
BLESSED are they who know that my ears today
Must strain to catch the things they say.
BLESSED are they who seem to know
That my eyes are dim and my wits are slow.
BLESSED are they who looked away
When coffee spilled at the table today.
BLESSED are they with a cheery smile
Who stop to chat for a little while.
BLESSED are they who never say
“You’ve told that story twice today”.
BLESSED are they who know the way
To bring back memories of yesterday.
BLESSED are they who make it known
That I’m loved, respected, not alone.
BLESSED are they who know I’m at a loss
To find the strength to carry the Cross,
BLESSED are they who ease the day
On my journey Home in loving ways.

- Anonymous



Celebration, creativity and compliments

Residents of Homewood have enjoyed many varied activities over the passed few months.

Because of our geographical position we are very fortunate in being able to participate in both seaside and mountain trips. Rita, Georgina and Roderick are seen here on a recent trip to Skye.



Congratulations!

John and Marion Mitchell (Resident) celebrated their sixtieth wedding anniversary recently. What a wonderful achievement!



Mothers' Day Ladies Day was, as always, a very special day with all of our lady Residents receiving a gift of satin covered coat hangers on the Sunday morning.

Lots of happy and amusing stories about Mothers' Days past were exchanged. Memories of very unusual gifts, such as a necklace made of melon seeds and hand-dyed, added to the laughter. As Mum perspired the dye ran down her neck and spoiled a very pretty dress. Presents wrapped in newspaper, presents hidden under beds and the dog got there first, and a favourite, "As a present Mum, I'm going to be good."

There has been a great deal of interest in artificial "lead lighting" in our craft sessions. Residents have done so well that some of the work has been sold at a very nice profit.



A much larger and longer project has been weaving. Residents are weaving all sorts of yarn through a very loose backing cloth. Some have requested to have the pieces made into cushions and they are rather lovely. However, a larger number have made their pieces to be combined into a "collage" of colour. Apart from the dexterity involved, the stories which have been told while this work has been going on, have been fascinating.



Some have created their pieces just because the colours look good together but from others it has been, "I had a dress in these colours when I was young", "The colours look like an outback sunset", "This looks like the bottom of a shallow river." One piece is in shades of brown with sudden purple streaks because the Resident, "Wanted to make a statement".

The plan is to have this finished and to attach the stories, changing the whole project from a craft piece to an historical piece.

After many false starts and just as many disappointments, we at last have no less than a baby grand piano. Because it has only recently been delivered, we are still waiting on the piano tuner to put it into full working order. Then, as they say, "The sky's the limit". So far, there have been several versions of Chopsticks and one or two tunes that are probably best left untitled. It sounds very grand to give directions in Homewood and say, "It's in the piano area". Or, "Walk down past the piano". We will keep everyone updated on the progress.



And finally, a story to make everyone feel good. While working on our collage around the table last week, residents started to reminisce. As the stories increased, and everyone had a story to tell, the laughter became more infectious and, I might add, there was less and less work being done. One lady, who is by nature quite shy, turned to me and said, "I really like it here, but this is the best."

Till next time ...

Chris Entwistle
Lifestyle Coordinator



SUNLIGHT

Rain, rain, rain ...

How quickly time passes. Only a short time ago we were wondering if the drought would ever break and now we are wondering if the rain will ever stop! We are in the thick of it now, with the clear views of the surrounding mountains replaced by the fog and darkness of the short days. The shortest day of the year has now passed, however, and we are looking forward to seeing the new leaves on the trees and the flowering bulbs of springtime.

Much has happened since our last newsletter. We would like to welcome Loretta Radge as our new Monday to Friday RN Div1. Loretta brings great experience and knowledge to Sunlight. Chris Baxter Welsh has transferred to weekend shifts.

We have two new PCW trainees from Apprenticeship Plus and would like to welcome Heather Lavery and Vanessa Nevins.

Sunlight has also enjoyed hosting trainee PCW students who are completing their Certificate 3 in Community Services (Aged Care). We are happy to support the training and development of our future carers.

Sunlight is a-buzz, almost reaching full capacity with 85 residents. So we have new faces to see and friends to make.

Exciting news has been received by Lina McDougall and Deborah Pappas. Both expecting their first baby. Congratulations!

Kim Suttie celebrated her 50th birthday in great style by moving into a brand new home.



A friendly reminder that there are many unnamed / unclaimed items in Lost Property needing to find their owners.

Please check Lost Property to ensure that these items are claimed prior to August.

Amanda Roks
Clinical Services Manager

Deepest Sympathy

To the families and friends of Sunlight Residents who have passed away, we offer our deepest condolences. They will be fondly remembered.



Latest Staff News:

Welcome to the Team -

- ♥ Loretta Radge
- ♥ Brooke Fuhmeister
- ♥ Rodelyn Moran
- ♥ Joanne Chalmers
- ♥ Michelle Tennent
- ♥ Marie Isgro
- ♥ Shirley Morgan
- ♥ Donna Stead

Farewell and good luck -

- ♥ Courtney Clarke
- ♥ Erin McDonald
- ♥ Fiona Beasey
- ♥ Jacinta Morgan
- ♥ Gail Newton
- ♥ Sandy Boughen

Team Members of the Month -

- April: Peter Cox, Tanya Jerabeck, Mia Toy
 May: Simone Thomasen
 June: Peter Lavars, Sheila Simons



Western Health Charity Golf Day 2007

TLC Aged Care was a major sponsor of the Western Health Charity Golf Day 2007, run in conjunction with the Rotary Club of Footscray. The event was held on 16 April, with the TLC Aged Care team part of the 103 players who competed on the day.

While the TLC team (led by Chairman, Dr John Leaper) were not 'winners' on the day, success came with the event raising \$29,126 to be used for the purchase of much needed equipment for Western Hospital, Footscray.



A Royal visit

Sunlight took advantage of the beautiful autumn days, knowing just around the corner winter would blow cold rainy and icy days our way.

ANZAC Day was certainly a day to remember, with our returned military men from various wars wearing their well-deserved medals, and proudly so. Representatives from Watsonia and Whittlesea RSLs arrived to honour our men and women with a full ANZAC Day service. As usual, when the bugle played, it became very emotional. Reminiscing was definitely on the agenda for the day, while sharing a delicious afternoon tea. We cannot thank the RSL enough for giving our returned soldiers the recognition they deserve. Our returned servicemen and women have since received another visit from the RSL, enjoying a lovely afternoon tea while exchanging stories. Due to the huge success, this will become a regular event.



Mr Ken Gunn
(husband of resident, Dawn)



Mr Raymond (Jack) Wilson

May came around fast, giving us a peek of the weather to come. Residents were still able to sneak in a few walks to the coffee shop and a trip to our own secret museum (thanks Joy). As usual, this was a day of fun laughter and many a full tummy. One Resident decided he could quite comfortably live in the hostess's men's shed.

Fancy Feet Dance Studio visited Sunlight and gave the Residents a dance concert to remember. There were 80 students, ranging from age 3 to 18, who performed in costumes which were bright, sparkly and beautiful. Aren't children a blessing from heaven! We were rewarded with a second concert in June - as successful as the first.

Residents are happily receiving visits from secondary school students. Whittlesea College and Ivanhoe Grammar have honoured us with visits, as well as Epping and Northcote. The Residents are always happy to see the faces of our youth and I'm sure many a tale is exchanged. It has been so successful, the speed dating technique has been used to involve as many Residents as possible.



Mens' Group rejuvenating the outdoor chairs

Our Men's Group is coming together and we are trialing different activities. Among these have been outings to the bowling club for lunch and yummy get togethers while getting to know each other. More will come - perhaps a steak on the BBQ with a beer or two!

A wonderful group of volunteers organise walks to the local shops, for window shopping or a chat over a cuppa at one of the many coffee shops, for those Residents able to walk independently. Residents who have participated always come back glowing. One Resident described it as "I felt I was flying".



Lillian McLeod
and friends

Well, last but not least, Residents were treated to a visit from the "Queen". What a wonderful fun day that was. Our "Queen" (who was dressed up to the hilt) and her beautiful lady-in-waiting were escorted into Sunlight by our very own retired Scotch Guard, "Jack". After her speech, the Queen busily went about knighting Residents and issuing royal warrants to those who have unselfishly contributed outstanding services to others. The day was finished with many a laugh and another exceptional afternoon tea by our hard working Chef and kitchen staff. By the way, Jack, our Scotch Guard, was also awarded the royal warrant as the Queen's jester. You just had to see it - he had the Residents laughing for days. We are looking forward to watching it again on video

May you all have many cuddles to keep you warm in winter, we know we will, because we have all of you.

Cheers and keep smiling –

Yvonne and Simone, Lifestyle



TLC TALK

A message from TLC Aged Care's Business Development Manager:

One of the best parts about my new position here with TLC Aged Care, is all of the good news stories which I hear. A recent special story is that of Mrs Lillian Mitchell's 100th Birthday!

Lillian is a Resident at Marina, TLC Aged Care's facility in Altona North. She celebrated her milestone birthday on 6th June with family, friends and staff. Flowers, presents and goodwill packed the function room to capacity and Lillian was revelling in the celebration and well deserved attention.

Lillian has 2 sons, 9 grandchildren, 28 great grandchildren and 3 great, great grandchildren.

Living in Newport most of her life, Lillian is the oldest member and past President of the Newport Bowls Club.



She remembers fondly the bowling, social activities and many friends made there.

Lillian moved to Marina 2 years ago and is a very popular member of the TLC Aged Care family.

TLC Aged Care appreciates the efforts of all who work with the elderly. Thank you to all TLC staff for their contribution in helping stories like these happen.

Congratulations to all TLC Residents who have celebrated their Birthdays recently, with special mention of another who also celebrated her 100th Birthday - Elise Wrathall, Resident of The Homestead.

Alistair Henderson
Business Development Manager



Noble Manor

Here are some recent photos of Noble Manor, the eighth home in the TLC Aged Care group. Noble Manor will open in September 2007 and is located at 33 Frank Street, Noble Park.



Contact Details - TLC Aged Care Homes

The Homestead	22 Homestead Avenue, Wallington, Victoria, 3221	Phone: 5250 1188
Homestead Lakes	33 Homestead Avenue, Wallington, Victoria, 3221	5250 5347
The Belmont	235 High Street, Belmont, Victoria, 3216	5243 9342
Marina RAC	385 Blackshaws Road, Altona North, Victoria, 3025	9318 9944
Noble Gardens RAC	55 Thomas Street, Noble Park, Victoria, 3174	9548 5177
Noble Manor RAC	33 Frank Street, Noble Park, Victoria, 3174	TLC 9458 7777
Homewood	8 Young Road, Hallam, Victoria, 3803	8795 7825
Sunlight RAC	43 Laurel Street, Whittlesea, Victoria, 3757	9716 3801

QUESTIONS? COMMENTS? FEEDBACK?

TELL US WHAT YOU THINK OF OUR NEWSLETTER! WE WELCOME ALL FEEDBACK.

DIRECT ANY RESPONSES TO: office@tlcpl.com.au

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