

Saving every drop!

Firstly, I would like to wish you all a very Happy New Year, albeit a little late.

This year's focus for TLC Aged Care is the building of our new home in Frankston, 'Forest Lodge'. Stage 1 of the project is well underway. An exciting new development for TLC building projects is the inclusion of underground water storage tanks. Our new home in Frankston is the first to be fitted with these.



The system we have installed not only collects and stores water but will also fully treat the water to drinking quality. We are very proud of our commitment to water conservation efforts in this region, which we hope to be able to consider in our other homes at some stage.

Jenny Leaper and I are also in the process of finalising our timetable for visits to the homes. We plan to visit each home twice, once for a Resident Support Group Meeting and once for a Staff Meeting. This, of course, does not preclude us from coming to visit at other special times of the year! We are both very much looking forward to coming and saying hello.

It is with sadness that we will be saying goodbye to Denise Hall who, after almost 8 years of service with TLC Aged Care, is leaving the organisation to take a well-earned break. Denise has been the Executive Assistant to Jenny and John Leaper and, more recently, myself. I would like to take this opportunity to thank her for her tireless commitment to the organisation. She will be missed by many.

Until next time keep happy and well . . .

*Ingrid Williams
Chief Executive
TLC Aged Care*



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tlc HOMESTEAD ESTATE

The Combined Newsletter Section for The Homestead & Homestead Lakes

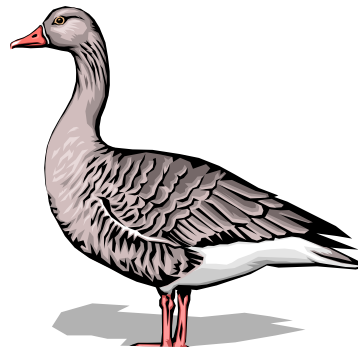
With a waddle and a honk . . .

With all the Christmas Celebrations over for 2007, we all look forward to a fulfilling and rewarding 2008.

The Christmas parties at The Homestead and Homestead Lakes were enjoyed by all who attended - bright and cheerful music from Trish and Sam, a delicious afternoon tea made by our Chefs and a jovial visit from Santa. Many thanks to all the staff who assisted in making the parties such happy ones to remember.

Summer is well and truly here, water remains scarce although we experienced some welcome rains prior to Christmas - enabling the staff to use their TLC Christmas present of a green and white umbrella.

Unfortunately, the geese on our dam had to be relocated. The geese were crossing the Bellarine Highway as well as Homestead Avenue, putting vehicles and lives at risk.



The occupancy of The Homestead has been steady for many months, which provides staff the opportunity to provide continuity of care.

Homestead Lakes is in the process of preparing for Accreditation, which will take place in April. Auditors from the Accreditation Agency will be onsite to speak with Residents, families and staff.

The extension to the Suffolk living area is due to commence in February, providing Residents with a larger recreational / living and dining room area.

Until next time ...

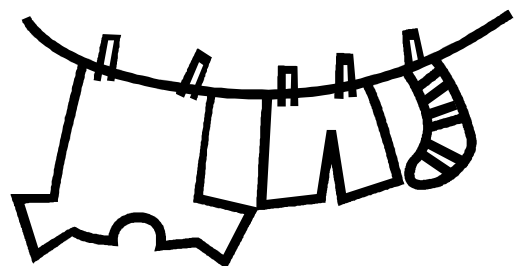
*Fran Durham
Clinical Services Manager*

<p style="text-align: center;">Homestead Lakes Resident of the Month</p> <p style="text-align: center;">October - Myra Nankervis November - Janet McNaughton December - Frank Davies</p>
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Lost Property

Just a reminder to Residents and families to check the Lost Property cupboards.

Also, please remember to name all articles of clothing, especially new ones which may have been given as Christmas presents.



news@homesteadestate

Christmas Celebrations at The Homestead



We sadly say goodbye,
good luck
and thank you to:

Homestead Lakes

- Wendy Spence- Reception

The Homestead

- Joyce Heinrich PCW
- Melanie Nelson PCW
- Sarah Letts Div 2
- Stacey Hogan Div 2



Welcome to the team:

Homestead Lakes

- Emily Muller, RN Div 1 (Welcome back!)
- Wendy Andrew, PCW
- Jenny Fisher, PCW
- Astrid Koencke, PCW
- Lauren Seach, Reception

The Homestead

- Shannon Hanson, PCW
- Katie Kalic, PCW
- Janette Kirwood, PCW
- Meredith McGennissen, PCW
- Aaron Pigott, PCW

Team Members of the Month

	The Homestead	Homestead Lakes
October	Kerry May RN Div 2	Catherine Milner PCW
November	Annie Denton RN Div 2	Pauline Stewart PCW
December	Sarah Letts RN Div 2	Joanne Taylor PCW



THE HOMESTEAD

lifestyle@thehomestead

Exercise and relaxation group

The scene is set . .

Day: Tuesday

Time: 10.50am

Goal: Laughter, fun, motivation, inspiration and relaxation!

- A steady stream of residents making their way to the lounge.
- They are ready to let themselves slip into another world.
- Some active exercises to start with, warm up, keep moving.
- And then ...
this is what they have really come for ...
Creative Visualisation Exercise!

This group creates a sense of well being, relaxes the mind, freshens the soul and gives everyone a good start to the day.

Until next time . . . keep your body active and your mind at peace.



RELAX AND CLOSE YOUR EYES

Picture yourself in your own special land, walking along with your toes in the sand.

*No-one can harm you,
You will do no wrong.*

*Feel the breeze brush past you
As you walk along . . .*

Carol Dell
Physio Department



Some of our Melbourne Cup hats!



Residents with their wall hangings





HOMESTEAD LAKES

lifestyle@homesteadlakes

Another year over . . . a new one just beginning

Well, another year has come to an end. The past few months have been busy in preparation for the festive season with our Residents busy making Christmas decorations.



A representative from the Botanical Gardens gave us an insight into the many and varied plants and trees at the Geelong gardens, which was very informative and enjoyable.



We enjoyed three bus trips to see the Christmas lights in Drysdale, Clifton Springs, Newcomb and Whittington. The Lions Club of Barwon Heads provided a barbecue and presents for all our Residents. We would like to pass on a big, "Thank You" to them.



We were fortunate to have primary school students from both Wallington and Star of the Sea come to sing carols and the visit from Hannah and friends also singing carols was a great hit!



Until next time ...
Lifestyle team

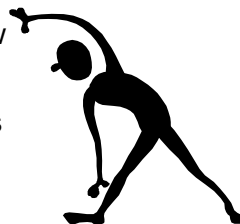
Physiotherapy update . . .

A New Year means 'New Year resolutions' and a new exercise regime is always high on the list.

So, why not commit to group exercise for 30 minutes every MONDAY, WEDNESDAY, and FRIDAY at 10 a.m. in the Chapel. It is always easy to exercise with others and the benefits are real and measurable.

If, however, you feel uncomfortable exercising in a group setting, then come and speak with Sophie in the Physiotherapy room and she can arrange an individual exercise program for you to stay on track in 2008.

2008 is an Olympic year (Beijing), so let's all get in training!



Happy 100th Birthday to Thelma Trinnick, Homestead Lakes, for 14th January 2008





THE BELMONT

Welcome to Lynette . . .

The festive season was well and truly celebrated by Residents and staff at The Belmont. The Christmas Party was a huge success and thoroughly enjoyed by those who attended.

All participated in a scrumptious afternoon tea and enjoyed some excellent entertainment. Jenny Leaper (Director and owner of TLC Aged Care) and I were delighted to attend the party and we had a wonderful time visiting with Residents, their loved ones and the staff.

During the festive season, Residents enjoyed entertainment by a local choir, an orchestra and, of course, listening to and singing along with the many Christmas Carols.

On behalf of the staff, a very heartfelt thank you to families for their thoughtfulness and delicious gifts over the Christmas period.

There have been some changes at The Belmont recently. Michael Murphie, Clinical Services Manager, finished at The Belmont on 20th December 2007. We wish Michael well in his future endeavours.

We would like to welcome Lynette Herrin, who commenced as the new Clinical Services Manager on Monday, 7th January 2008. Lynette undertook an orientation session at the TLC Support Centre on the 7th which was followed by some time with Fran Durham at The Homestead Estate.

Lynette has an extensive background in aged care and is a very experienced manager. We look forward to working with Lynette at The Belmont.

I would like to take this opportunity to extend my thanks to the TLC Clinical Services Managers who assisted in providing support at The Belmont until Lynette commenced.

Over the past month we have welcomed to The Belmont some trainees from Apprenticeships Plus and the Victorian Training Group. Three of our staff have completed the RN Div 1 training and will sadly be leaving us in February to commence their Graduate Year in hospitals. We are very proud to have contributed to their training and development and for the great work they have done.

Their experience at The Belmont will allow them to deliver great care to aged patients and pass on their knowledge and expertise to those in the acute sector.

With best wishes to all for a wonderful year in 2008.

*Maree McCabe
Executive Operations*

Latest Staff News:

A number of new staff have commenced and we wish them a very warm welcome.

- Jane Barta
PCW
- Alison Dubens
RN DIV 1
- Tracey McCann
PCW
- Emma Overns
PCW
- Danielle Roy
PCW
- Sam Schreiber
PCW
- Sharon Terrill
Lifestyle Assistant
- Sue Windsor
Diversional Therapist
- Tatenda Zuze
PCW
- Mousumi Rajkhowa
Hospitality

lifestyle@thebelmont

. . . and to Sue and team!

The past few months have seen some changes at the Belmont, as well as a busy schedule of activities.

Our Lifestyle Coordinator, Sarah Davidson, finished at The Belmont in late November, with Sue Windsor commencing in the position during December. Welcome Sue! Two new Lifestyle staff members, Irene Kent and Sharon Terrill, have provided valuable assistance.

Some activities and outings enjoyed by Residents of The Belmont over the past few months were:

- Werribee Zoo
- Botanical Gardens picnic
- Kardinia Park

- Ford Discovery Centre
- Barwon River walk
- Antiques at Mill Markets
- Evening tour of Christmas lights
- Entertainment from Jenny Stephens, Dave Cunningham and the Scottish Piper.

Some of our most enjoyed activities have been U-Brew-It (beer, of course) and the 'Baby Club'. An enormous thank you to our volunteers who have made the latter possible, as it has brought great joy and comfort to Residents.

Jane Mills





Hats and hampers . . .

I hope that everyone had a very enjoyable, relaxing and safe Christmas and New Year period.

Leading up to that time, Marina was busy with many special events, including Melbourne Cup Day, Oaks Day, Resident Christmas parties, Christmas Staff party, Christmas Carols, Barbecue and Christmas Hamper Raffle.

Congratulations to Donna Brennan, winner of 1st prize in the Christmas raffle. There were also seven other lucky prize winners. It was rather a laugh when Pat Basson won the lovely knitted Father Christmas, as she was the creator!

Thank you to Sharon Oats, Lifestyle Coordinator, and team for all the extra effort put in over this very, very busy period.

The Accreditation visit on 25th October 2007 was successful. We are compliant in all 44 Outcomes.

We are now focusing on the year ahead. I would like to remind all families that we have a Resident Support Group Meeting at 10.30 a.m. on the last Tuesday of each month and you are all most welcome to attend and participate. We appreciate input from families as it helps us improve our practices at Marina.

A friendly reminder to all those visiting Residents in Beach and Seascape to ensure that Residents do not exit the area when you are entering or exiting.

*Jane Elliott
Clinical Services Manager*

Profile - Kali Bavage

Nicknames: Kal, Kals,

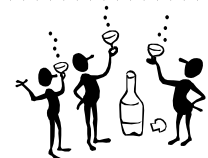
Position at Marina: Receptionist. Began working in November 2005.

Dream destination: To go to Europe with my mum.

Useless fact: What goes around comes around. When I was a kid I was a cool kid and a bit of a rebel. I learnt very quickly how to stand up for myself – I have two brothers!

Most valuable advice ever received: Came from my Nan - "Life is what you make it".

Most people don't know: I like trail bikes, fixing cars and drag racing!



*Congratulations
Mavis and
Jim Tandy
on their
55th Wedding
Anniversary*

Welcome to all the new Marina employees. I would like to take this opportunity to wish you well and hope you may find the challenges of being a Marina Team Member rewarding.

Thank you to Marina's Team Members of the Month

October	Sarah Scibberas, Lynette Berends, Judy Reid
November	Mina Homayoomfal, Joan Molina, Irma Makarewitsch, Anthony Attard, Catherine Lowery
December	Sue Taylor, Christine Thompson

lifestyle@marina



Oh, what a year!

A very warm and sincere welcome to our new Residents and their families. We also welcome the newest member to the Lifestyle team - Antonia Juratovac.



2007 was an extremely busy year for the Lifestyle team and our Residents. We saw the introduction of, amongst others, Playgroup, Family Day, and the Christmas Carols CD ("Ageless Spirit"). As well, Residents enjoyed many activities – outings, aqua aerobics, St Paul's College, entertainers, McDonalds visits, cooking, Mens' Club, Show Day, exercises, Oaks Day Carnival, Biggest Morning Tea, Tai-Chi, sing-a-longs, Quiz time, craft ... the list goes on!



The staff weren't too bad either!

So, stay tuned. In 2008 we look forward to sharing and introducing you to some new and exciting activities.

To all Residents and families who supported the Lifestyle Department in 2007, a very sincere and heartfelt, "THANK YOU!"

On behalf of the Residents and staff, the Lifestyle Team at Marina say a very sad goodbye to Barbara Lane. Barbara has been a very vibrant, dedicated member of the Lifestyle Team for the past eight years. She is off to fulfill a dream - so if you are ever down the coast, look Barb up at Anglesea Backpackers. She will be very sadly missed! We wish her well and every success.



Christmas at Marina was HUGE – we celebrated every day for a week, with a party for each section, followed by entertainment every afternoon.

And, of course, it was capped off with the absolutely stunning performance by our Residents at our Carols by Candlelight!

People don't care how much you know, until they know how much you care

Sharon Oats
Lifestyle Coordinator



THE NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

Let's get physical



Hi Everyone! Happy New Year! This is my first newsletter for the year which is seriously shaping up to be one of a busy one with fun and laughter ... with a drop of hilarity!

Now, here is a question for you that has certainly tickled the grey matter of many of the residents and staff at the Noble Estate ...

"Is your New Year's Resolution for 2008 to be fitter and more active?"



Well, according to the Australian Psychological Society, the most important factor in living positively in old age is regular physical exercise.

At the Noble Estate, general consensus from both residents and staff is that we all want to look younger, stay calmer and enjoy the moment instead of worrying about what may happen in the future. After consultation with as many folk as I could find across the two sites who wanted to chat about some fun and games in 2008,

it was decided that we're all going to get together across the two sites and enjoy each others' company with a fitness focus.

So, to start off with, all of those interested people at the Noble Estate have been invited to come along to our fun armchair exercise groups which include stretching, balancing and throwing coloured balls around. This is very good for the circulation, flexibility, eye-hand coordination, stress relief and general sense of well-being! Groups will be organised nearly every day in the various wings across the Noble Estate and there are no boundaries as to who can be involved. I'm so excited, as this will be a great way for the Noble Manor people to meet the Noble Gardens people, so I just hope everyone will join in.

Noble Park is one of the most culturally diverse suburbs in Australia and it is no surprise that Noble Manor has residents with family origins from dozens of countries worldwide. Over the Christmas period, we had lots of uplifting Christmas Carols and chorus sing-a-longs thanks to visiting church groups.

Also, it was an amazing experience when the Buddhist Residents, and any other interested folk, visited a number of beautiful and serene Buddhist Temples which seriously seemed to send them off onto a different ethereal plane.

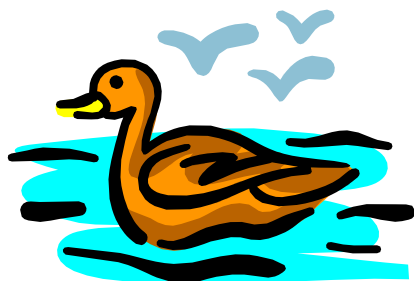
Sew Lan Lee was so happy offering incense to the huge golden Buddhas at both the Vietnamese Buddhist Temple on Springvale Road and the Asian Buddhist Shrine at the Springvale Botanical Cemetery that she didn't stop breaking into song for days!

Noble Estate is going to have combined picnic programs and bus trips and already there has been one to the Frankston Pier. It was a warm, balmy, summer night and the residents loved walking in the breeze along the foreshore, feeding hot chips to greedy seagulls and later viewing Christmas lights.



... the story continues ...

One particularly hot day, some Kensington Residents from Noble Manor went in the air-conditioned bus and enjoyed views of the bay beaches, complete with yachts and playing children, while sucking on delicious ice blocks. And when Residents went to the Frankston Botanical Gardens, Gladys was practically in raptures while feeding the ducks on the lake.



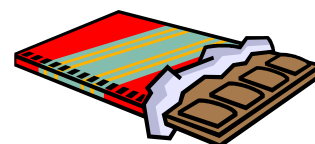
It is wonderful to see our Residents getting into the great outdoors and blowing off some of those cobwebs that accumulate with maturing years and blonde hair that insists on growing grey.

I'm going to say farewell now. You may have noticed that I haven't talked about any of the usual topics such as Accreditation or staff issues. These can wait until my next newsletter but, let it suffice to say, all is well on the home front and that - TLC is the place to be, The Noble Estate TLC!

Lots of love everyone ...

Clare Dyer
Clinical Services Manager

Every time I hear the word "exercise", I wash my mouth out with chocolate.



If there's no chocolate in heaven, I'm not going!

Birthday Wishes for Someone Special?

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



With thanks and congratulations to our Team Members of the Month

Noble Gardens

October: Nazrin Bibi, Maree Rayner

November: Patricia Balisson, Wendy Doherty

December: Dorothy Lambert

Noble Manor

Cherie Mill

Nicky Haines, Joan Synnott

Barbara Kapusta



NOBLE GARDENS

lifestyle@noblegardens

Hello everyone . . .

We hope you all had a safe and happy Christmas and a FUN New Year. Let's hope 2008 brings everyone good health and happiness.

Since we last spoke, Residents have had a busy couple of months. We attended a Remembrance Day service at Noble Park RSL and celebrated the Melbourne Cup by holding a sweep and having a hat competition. Outings to cafés, shopping centres and beaches have been enjoyed.

Another main focus has been staying cool through the 40 degree temperatures Melbourne has been serving us.

The Melbourne Cup hat competition was eagerly participated in by both Residents and staff, resulting in a great turn out, with colour and style everywhere! The "Hat Man" entertained Residents after lunch and as the 'official judge' chose the winners of the competition.



We visited Chesterfield Farm in December. Some Residents were happy to pose for photos with the animals and the delight on their faces was memorable. We saw birds, cows, chickens, pigs and, on the way out, we even had a duck escort us to the bus. It just wouldn't let us leave!!!

This year Noble Gardens had Christmas parties for all the areas (Gardenia, Jasmine and Rose) at the same time on the same day. Yes, that meant lots of people at Noble Gardens all at the one time! It was a wonderful sight, with many happy faces around.

The day was a great success with many families enjoying the entertainment and the chance to catch up with staff and other family members. A BIG thank you to the kitchen staff for their work towards catering for all the Residents and their guests.

'Till next time have fun and keep safe.

Cheers . . .

*Maria Agrapidakis
Lifestyle Co-Ordinator*



Those awarded prizes were Resident, Beryl Groves and staff members, Wendy Doherty and Kelly Price, who made hats out of plastic bags (they were thinking of our environment).

Thank you to everyone who took part - it was great FUN!

The Christmas parties were happily attended and, as well, some Residents prepared to go home with family for the festive season.





NOBLE MANOR

lifestyle@noblemanor

Dear Residents, families and friends . . .
HAPPY NEW YEAR!

The new year in the Lifestyle Department has started with great excitement, as there will soon be a Lifestyle Assistant joining us.

In the meantime we would like to extend our enormous gratitude to our volunteer, Janet. We have just farewelled Janet who has left as she is soon having hip replacement surgery. We wish her all the best for a speedy recovery. Janet has promised to visit as soon as she can.

Although very busy with documentation for the next few months, I am always available to Residents or family members who would like to discuss issues relevant to Lifestyle and Leisure. My desk is in the Windsor Activity Room.

Regular groups

- We have regular Stretch and Balance Exercise groups at 10.30 a.m. every Tuesday in Williams.
- Many thanks also to Jenny who has resumed her Just-for-Fun Painting group. New members are always welcome. This now takes place in the Windsor Activity Room on Tuesdays at 2.30 p.m.



Shopwise

On Thursday, 17 January, Residents had the opportunity to ‘shop at home’. Doreen and Lucy had available ladies nighties, toiletries, sweets, giftware, jewellery and lots of other items. Nothing was priced over \$20.00. It was a good opportunity for Residents to shop without battling the crowds and the heat.

Singalong

Many of the Residents who were at H L Williams are familiar with the old-time sing-a-long sessions with Peter Phillips. Those memories are being rekindled at Noble Manor, with Peter visiting on Thursday, 24 January.



In the meantime keep well, survive the heat and remember ...
 “Always look on the bright side of life!”

*Penny Anderson
 Lifestyle Coordinator*



HOMewood

It really is “Great Care & Great Careers™”!

Christmas 2007 brought a season of festivities to Homewood and also a season of changes.

The Resident Christmas party in December was fantastic with an enormous turn out of Homewood’s Residents including Southern Health Transitional care clients. Jenny Leaper attended and the afternoon was catered for with gourmet finger food, glasses of wine and a delicious punch! An extravagant raffle was held and even a visit from Santa with some gifts for all! Relatives and staff were successful in winning raffle prizes and there wasn’t a quiet moment with everyone in a Christmas carol sing-a-long.

Sincere thanks to the Lifestyle Team for such a wonderful event - and the Christmas decorations and Christmas carol concerts held throughout the month were spectacular. Thank you to O’Brien’s Pharmacy for donating some of the gifts for the Residents and appreciation to Vision catering and Homewood staff and volunteers who assisted on the day to make the day extra special for the Residents and their families.

The Staff Christmas party was also an afternoon tea and, I must say, we were spoilt! Platters of fruit, cheesecakes, gourmet chocolates and sweets. We even popped some non-alcoholic wine!

Staff also received gifts in appreciation of their work throughout the year.

As I mentioned in the opening, it has certainly been a season of changes. Special mention goes to Chris Entwistle who has, due to personal commitments, resigned from the Lifestyle Coordinator role. We wish Chris and her family all the best in their future endeavours. Also warm wishes are extended to Ian, our Maintenance Officer, who has been on sick leave - we wish him a speedy recovery. Thank you to Tony Attard for stepping into the role during Ian’s absence.

To my delight I can announce my appointment as the Clinical Services Manager at Homewood after being a Team Leader at Homewood for over a year. I can definitely say that TLC’s motto is spot on – *Great Care & Great Careers™!* Thank you to all who have made me feel so welcome in the new position. The transition for me has been very smooth as Residents, families and staff have been an immense support.

I look forward to an exciting year ahead and I wish you all happiness and good health for the New Year.

*Nancy Oosterhof
Clinical Services Manager*

Congratulations to Homewood’s Team Members of the Month

October: Marina Chicas

November: Danielle St Anna, Pia Lamb, Mandy Addicoat, Zavada Khan

December: Caroline Herft, Margaret Day



A fond farewell to all at Homewood

This is the first TLC Times article for 2008. How unbelievable to write the date. Where has the time gone? In the last issue reference was made to a young student we had doing a certificate II in community services - Kim Brew. Kim is the daughter of one of our staff. We are very thrilled to advise that Kim passed her course with distinction. Kim was so well liked by the residents and we will all miss her. Well done, Kim!

Melbourne Cup was, as usual, an exciting time with five sweeps to cover all Residents and some rather nice gifts as prizes. Watching on the big screen television was also exciting. Residents made lots of hats and instead of 'Oaks Day' or 'Ladies Day' we had a 'Happy Hat Happening Day'. It was a lot of fun with Residents and staff taking part. Several of our hats were made from table mats and the competition was so intense that every one received a prize.



The lovely Remembrance Day weather allowed Residents to participate in an outdoor service. After the raising of the flag, we returned indoors and listened to many stories, some horrifying, some very sad, but just as many were romantic and even quite funny.

In late November the wonderful staff of Homewood put on a remarkable 'Fashion Show' for Residents. Staff chose an outfit of their own which they felt special wearing and paraded along the 'cat walk' to music and lots of cheering and hand clapping. We were very pleased that some of our male staff took part. Daniel, the young son of one of our laundry staff, came in to escort his Mum. Thank you to everyone who participated.

Suddenly, the festive season was upon us and Residents were busy making Christmas gifts for family and friends. More leadlighting, bonnets made from handkerchiefs, angels from paper doilies. Hand crafted goods were also sold from our trolley which adds to funds for next year's projects and entertainment.

We had a very nice time making chocolate fudge. I don't know why, but these sessions are always very well attended, with extra chairs having to be brought in at the last minute!!!

Residents also enjoyed entertainment from pianists and beautiful singers, as well as a ballad singer/guitarist.

The Trinity Methodist Church of Doveton came as a large choir and sang for the afternoon. Our Lady Help of Christians Church invited Residents to a special Christmas Mass and luncheon. Those Residents who attended had a most enjoyable day.

The Christmas party and raffle draw was a huge afternoon and a great success. Father Christmas arrived, of course, ringing his bell. Next year his bell will have a muffler on it, trust me!

Residents sang carols and Christmas songs, enjoyed some lovely afternoon tea, a rather delightful punch and lots of family and friends. A good time was had by all. There was a seven-prize raffle for Residents and a thirty-one prize general raffle. To everyone who donated prizes, participated and bought from our trolley, thank you very much on behalf of the Residents of Homewood.

On a personal note, I normally sign off by saying, "Til next time". However, this is my last article for TLC Times. I am moving, with my husband, to live in Sale. To all the people I have encountered, thank you everyone for the kindness, friendship, encouragement and support shown to me. I will take away some incredible memories and will always remember Homewood. To my successor, I wish you well in this very rewarding position. So for the last time ... "Bye for now".

*Chris Entwistle
Outgoing Lifestyle Coordinator*



SUNLIGHT

A special little visitor . . .

We hope you all enjoyed your Christmas and New Year celebrations and I would like to welcome everyone to a new year. I also would like to take this opportunity to pass on my best wishes to everyone and may 2008 bring you good health and happiness.

So much has happened at Sunlight. For the nature lovers, we had an unexpected visit from an Australian Native Echidna, which I rescued from his wanderings along the Kinglake Road.

The little echidna spent the day visiting all the Residents and exploring Sunlight's rooms. Everyone was delighted - although one Resident stated, "That's the ugliest cat I've ever seen". The Echidna was taken to the vet for a check up and, upon advice from the vet, was returned to the same place where he was found - but well away from the road!!!



Melanie arranged for the Dam to be tested and, once attended to, we had 20 Silver Perch and 10 Murray Cod delivered. The idea is to improve the quality of the water and eventually go fishing! I believe Peter has already caught one and let it go again.



Many thanks to Bill Prescott for all his hard work in the garden! Thanks to him there are now many people sampling his lovely fresh vegetables.

Our Dementia unit is coming along nicely with the Snoozelen room almost complete and the outside area being the next project to commence.

A dementia consultant provided some ideas to help us plan our sensory garden and we hope to have pathways in place soon. Then it will be time to look for all kinds of succulents, colourful and scented plants for everyone to enjoy. Sunlight will be taking delivery of a bus stop which was donated to us by the Whittlesea Council. Any ideas, suggestions or offers of help would be very welcomed.

To all new Residents, their families and friends - welcome to Sunlight.

A special thank you to the staff who work at Sunlight, especially those who covered over the Christmas / New Year period to allow others to take a well earned break.

Amanda Roks
Clinical Services Manager

Congratulations to our Team Members of the Month

October	Melanie George Loretta Radge
November	Jackie Cromie Margaret White
December	Julie Condidorio Tanya Gillson

Christmas lights, tinsel and our very own Santa

Residents had a busy time leading up to the festive season. One outing saw several Residents enjoying a country drive to Beveridge and Wallan followed by afternoon tea in the Wallan shopping complex, where those with extra energy visited the shops.

Whittlesea Council invited some lucky Residents to a magnificent luncheon followed by a spectacular concert, with one Resident amazed at how beautifully the tables were set.

Whittlesea College, once again, put on a wonderful performance for our Residents and we wish to thank Mrs Stokes, Kayla and all the students. From out of the blue arrived the school's 'clown' Doctor - cheeky and funny. They do say laughter is the best medicine, although some Residents' laughed so much I was a little worried!

Jean Colwell enjoyed a visit down memory lane, visiting her hometown of Flowerdale. While sitting on the veranda of the local shop overlooking the river, Jean was able to reminisce with co-residents, followed by a delicious lunch at Flowerdale Hotel.

A Melbourne Cup sweep was organised by Sunlight Resident, Adam Greaves. Adam has become an integral part of the Lifestyle Team as Resident

volunteer - always coming up with valuable suggestions and volunteering to help where he can.

November saw Residents busily decorating hats for Oaks Day. Most Residents dressed up for 'Fashions on the Field', including a few very well-dressed gentlemen. Ladies decked out in stylised hats, beautiful outfits and all their finery. Luckily this was during a valuable weekly visit from Ivanhoe Grammar students and they were kind enough to be our judges. Cheeky Petra made a surprise visit and had everyone laughing his or her hats off!

There was a great performance from Nicholas Despaquale to entertain Residents, as well as a performance from The Bradford Dance Studio's tiny tots, which had Residents captivated. There is something about the little ones that pulls at the heartstrings! November finished with St Andrews Scottish Day. The wonderful Scottish dancers performed a number of dances, making us question our fitness. Gienene, one of our RN Div 1's, was one of the performers and we wish to extend our thanks.



Concerts, concerts and more concerts were part of our December days. On behalf of Residents, thank you to the Kaliedoscope Community Choir, Whittlesea Primary School and the New Horizons Church. All were wonderful and the visits added to the spirit of our Christmas. Seven Residents also enjoyed Denis Walters' Christmas Concert at the Arts Centre.

Sunlight's "night owls" went Christmas light hunting and we were blessed with a lovely night, wonderful company and much reminiscing. The Residents' Christmas party was a hive of activity with many smiling faces and chatter. Linda, our Chef, and her assistant, provided a scrumptious afternoon tea. Our very own Santa arrived, laden with Christmas gifts and cheer.



Last, but definitely not least, Residents were invited to celebrate New Years' Eve. All enjoyed a great night and I heard a little whisper that Mona finally got her dance.

May you all enjoy peace, joy and love in 2008 . . .

Lifestyle team



FUN WITH TLC

Wordsearch "Baking Bread"

SOLUTION:

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

- AROMA
- BAKE
- BANANA
- BREADBOX
- BROWN
- BUN
- BUTTER
- CRUMBS
- CRUST
- CUT
- DOUGH
- EAT
- FLOUR
- FOOD
- GRAIN
- KNEAD
- LOAF
- LOAVES
- MEAL
- OVEN
- RAISE
- SANDWICH
- SLICED
- SPREAD
- STAPLE
- THICK
- TOAST
- WHITE
- YEAST

TEACHER: *George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louis, do you know why his father didn't punish him?*

LOUIS: *Because George still had the axe in his hand.*



If you would like to contribute to our newsletter, please email any content or ideas to office@tlcagedcare.com.au

Did you know . . .

. . . the origin of the saying

"Frog in your throat"?

Medieval physicians believed that the secretions of a frog could cure a cough if they were coated on the throat of the patient. The frog was placed in the mouth of the sufferer and remained there until the physician decided that the treatment was complete.

Yuk!!!



SUPPORT CENTRE

Staff Profiles

Tim Humphries - Executive Finance

- Family: Married with 2 children
- Place of birth: Stirling - Adelaide Hills
- In my CD player: Sneaky Sound System
- Currently reading: Nothing - awaiting the start of Uni term - then text books!!!
- After hours: Surf when I can
- Dream destination: The Mentawais (a surfer's paradise)
- Favourite meal: Call me old-fashioned - roast lamb is a winner!
- Claim to fame: I'm in a doco called, "Being Dad 2 - bringing the baby home"



Rose Reed - OH&S Coordinator

- Nickname: The Kitchen Princess
- Place of birth: Port Pirie, South Australia
- In my CD player: Midnight Oil, INXS
- Currently reading: Bryce Courtenay's latest novel - The Persimmon Tree
- After hours: Going out for dinner with friends and reading
- Favourite meal: Seafood
- Dream destination: South Africa
- I can't stand it . . . when people leave the kitchen untidy / don't pick up after themselves!



As OH&S Coordinator, I am passionate about the safety of all staff and residents at TLC Aged Care. It is paramount that everyone understands that, whilst it is the duty of care of the employer to ensure appropriate OH&S standards for staff and residents, the OH&S Legislation also states that staff have a duty of care for themselves, their work colleagues and residents. Please, let us all work together for a safe and happy environment!

Forest Lodge

TLC Aged Care’s Forest Lodge Residential Aged Care home - under construction in Frankston North – has successfully received government approval for 71 high care places in addition to the 49 low care places which will relocate from Milpara Park.

TLC Aged Care Chairman, Dr John Leaper made the announcement this week on receiving the approval from the Department of Health and Ageing.

“We’re pleased to also announce our intention to offer to relocate all of the residents of Milpara Park to TLC Forest Lodge by the end of this year,” said Dr Leaper.

“We’re also planning to make new high care places available at that time,” he said. “We still intend to make a further 60 places available but these will be provided at a later date.

“Securing aged care licences from the Government is an extremely competitive process,” said Dr Leaper.

Located in Forest Drive, the residential aged care home has design approval for 180 places.



“Construction is well underway and the local community is already participating in both the jobs the project has created as well as the new expenditure in the area,” he said.

“We are most encouraged by the support the local community is giving to the project.”

Further details on the aged care home will be made available over the coming months as TLC Aged Care gets closer to employing care staff and other staff.

“All is on track for the first admission of Residents in late 2008,” said Dr Leaper.

Contact Details - TLC Aged Care Homes

		Phone:
The Homestead	22 Homestead Avenue, Wallington, Victoria, 3221	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	9558 4611
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: media@tlcpl.com.au

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