

The growing Forest in Autumn

Welcome to the second edition of the TLC Aged Care newsletter for 2008. I hope everyone had a restful and enjoyable Easter, which of course seems like quite a while ago now!

Work continues on the building of our Frankston home - 'Forest Lodge'. Stage one is being opened in early August 2008, which we are thrilled about.

As part of our planning for the opening of Forest Lodge, we have had meetings with the residents at Milpara Hostel, who will have the option to move to Forest Lodge in August. We have also been talking to the staff who also have employment opportunities with TLC Aged Care.



It also gives me great pleasure to announce that the Team Member of the Year was awarded to Sarah Scibberas from Marina. Sarah was delighted to receive a night's accommodation for two in a city hotel.

Marina also presented Sarah with a beautiful array of flowers. The Team Member of the Year is chosen from all staff who have been awarded or nominated for Team Member of the Month throughout the year.

We have had a few staff changes in the Support Centre. We welcome Tracey Phillips who commenced on 31 March as the Executive Assistant to Maree McCabe - Executive Operations. I would also like to congratulate Belinda Brittain who was appointed as my Executive Assistant. Belinda previously held the position of Executive Assistant to Maree.

*Ingrid Williams
Chief Executive
TLC Aged Care*



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tlc HOMESTEAD ESTATE
AGED CARE

The Combined Newsletter Section for The Homestead & Homestead Lakes

Two open doors...44

Congratulations to all the staff and residents of Homestead Lakes for our successful Accreditation result 44 of 44 outcomes.
A great team effort!

There are many exciting improvements taking place at Homestead Lakes, the extension to the Suffolk dining/sitting room area has begun. The project will take approximately 6 weeks to complete, during this time the residents in Suffolk will dine in the end Dorset Sitting room. Disruption to residents, families and staff will be kept to a minimum.

We have recently installed a DECT phone system; this will improve communication between families and the Team Leaders, Lifestyle Co-ordinator and Maintenance.

Our garden at the front of the building has had a make-over, old bushes removed and replaced with beautiful colourful roses.

“Remember When” Wall

A new dishwasher has been installed in the kitchen and the washing machines in the laundry are being changed over to the “Ozone System” which is an environmental friendly system, energy and water saving.

At The Homestead, occupancy continues to be steady.

Residents in Florence are enjoying a “Remember When Wall”, which has stimulated lots of conversation about the past, not only for residents but families and staff as well!!

We have purchased a new lay back shower chair for resident comfort and converted the chesterfield sitting room into a resident’s Fitness Room.

The Homestead Estate has formed a Falls Prevention Committee. Meetings are held monthly.

A Dementia Family Support Group is to commence, the first meeting is to be held at 6.00 pm on Tuesday, 29 April 2008 at The Homestead in the New Chesterfield sitting room.

To ensure personal clothing does not end up in the lost property, please give all new articles of clothing to reception to pass on to the laundry staff for labelling. Please check the Lost property at both sites.

*Fran Durham
Clinical Services Manager*



Staff News . . .

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

Homestead Lakes

- Joe Troop - Maintenance
- Kelly Worland - PCW
- Jodie Munro - Medirest

The Homestead

- Charles Crisapulli - PCW
- Aaron Pigott - PCW
- Tara O'Donnell - PCW
- Emma Worth - PCW
- Samantha Tucker - RN Div 2
- Annika Mellross - PCW
- Lisa Stafford - PCW
- Carol Hodgins - Medirest
- Lesley Alexander - Medirest

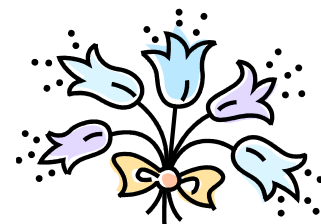
Welcome to the Team

Homestead Lakes

- Denis Srblin - Maintenance
- Jennifer McCurdy - RN Div 1
- Sandi Lavin - RN Div 1
- Sandra Dyer - PCW

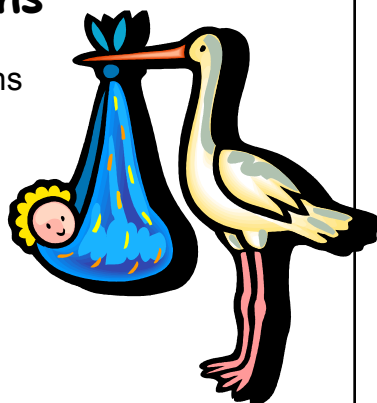
The Homestead

- Rebecca Haynes - PCW
- Vanessa Hadgjis - PCW



Congratulations

Special congratulations
to Belinda Hynson
(RN Div 1),
Homestead Lakes,
who gave birth to
Alexander James
on Friday,
11 April 2008.



Team Members of the Month

Homestead Lakes

- | | |
|-----------------|-----------------------------------|
| January | Sharon Woodhouse
Jodi Munro |
| February | Bev Riddle |
| March | Terri-Anne Dohery
Rachel Smith |

The Homestead

- | | |
|-----------------|--|
| January | Michelle Willian
Adnana Hiusseinova |
| February | Jacqui Marshall |
| March | Kaye Disher |



THE HOMESTEAD

lifestyle@thehomestead

Hot music at The Homestead

Welcome all to the Autumn Season – great to have had some rain after our very hot 40 degree days.

The new program in Florence wing is working well – the residents are very receptive to morning structured activities with Linda and appear to enjoy their exercise group and also music therapy.



Jenny has started an evening craft group with some ladies happily compiling a mural picture on canvas – look forward to when it is finished and hung up for all to appreciate.



The cork board in Florence dining room is now our “Remember When...” board. It contains a variety of objects that prompt residents to discuss any past interests they may have had and also some old items they may have used. This is a work in progress and many families have asked if they can add to it – a good concept to get all involved.

It is now the season to plant our bulbs which we will be doing in the next few weeks – hope they all flower for a great display in the coming newsletters.

The local Ocean Grove branch of the RSL now has a roster system of visitors – residents are now invited at least fortnightly at the facility and they will also conduct our Anzac Day Service on 24 April 2008. All the residents and staff greatly appreciate the time given by local community groups – volunteers are invaluable and provide a great support system.

Until next time

Activities Department





HOMESTEAD LAKES

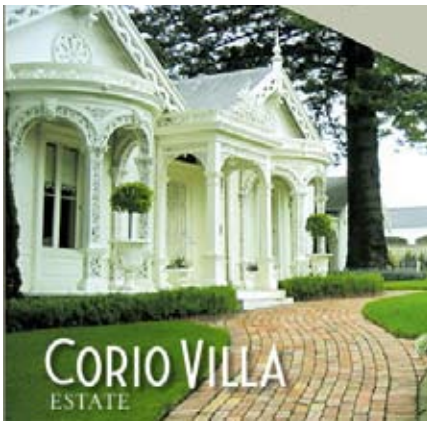
lifestyle@homesteadlakes

Remembering the good old days

A group of our Residents enjoyed afternoon tea in the garden of the historical home “Corio Villa”.

This pre-fabricated iron house was manufactured in Edinburgh Scotland and shipped out to Geelong in 1855 with no indication of a consignee. After some time it was discovered the man who had ordered the house had died before the crates had arrived.

The relics were finally purchased from the Port Authority for a small sum and assembled on its present site overlooking Corio Bay.



We had to say farewell to Bev Doak from the Lifestyle team and now welcome Kathy Riordan.

We celebrated St. Patricks Day with members of the Irish Society who sang lots of the Irish favourites.



In conjunction with the RSL we have started our “Wall of Honour” dedicated to our returned service men and women.

Until next time

Lifestyle Team

Homestead Lakes Resident of the Month

February: Jim Campbell

March: Win Cox



THE BELMONT

Bunnies and a BBQ

Hello from all the staff, residents, family and friends at The Belmont.

My first 3 months have been very rewarding and enjoyable. I have attempted to meet and greet everyone and have nearly succeeded!

I would like to take this opportunity to thank all the staff, residents and families for making me so welcome.

During the first few months of the year we were all very busy working towards gaining full accreditation. It is pleasing to note that we were successful in achieving all 44 outcomes.

All staff are to be congratulated for their hard work and efforts in this venture along with the support of families, friends and residents.

The hard work doesn't stop here of course and many more improvements continue to occur at The Belmont. All of the different teams at The Belmont are striving to provide the best care for all of the residents and often suggesting ways to make this an even better place to work and live.

Easter has been and gone and everyone enjoyed the BBQ in Duggan on St Patrick's Day.

The happy hours are a big hit and the hired entertainment (with the help of some free entertainment of certain staff members, requiring little encouragement to joining in the singing and dancing) created a smile on everyone's dial!

The lifestyle team have indeed provided many fantastic activities and outings on our bus which are enjoyed by many of the residents and evidenced by the photos in this newsletter edition.

I look forward to letting you know more about The Belmont happenings in the next edition.

Lynette Herrin
Clinical Services Manager

We say goodbye,
good luck &
thank you to

Sue D'Orsa
Barbara Crossley
Frances Henschelwood
Bronwyn Simpson
Tracey Hailes
Rebecca Dew
Shirley Morris
Sally Miller
Karen King
Lorraine Andrew
Faye Schofield
Tracy Hailes
Heather Jones
Rebecca Dew

We Welcome New Staff

Ritty Antony	Sheeba Xavier
Lissy Mangatt Chacko	Rebecca Wheeler
Jancy Madathiparambil	Rhonda O'Callaghan
Naomie Handley	Michelle Harris
Prudence Clissold	Joy Urqhart
Rebecca Midgley	Kate Doyle
Juhara Smith	Ash Porwal
Kelly Seymour	Tracey Smith
Danielle Warnock	Melanie Hamilton
Bijli Anish	Mary Quelch

lifestyle@thebelmont

Belmont goes green

Residents at The Belmont welcomed in the New Year and so did new staff. We celebrated the year of the Rat and explored Chinese horoscopes and had some yum cha that went down well.

In February we had an enjoyable time over St Valentine's Day and went all out in green for St Patrick's Day in March.



We had a bit of fun on April Fool's Day - just a few gags and a little reminiscing about childhood pranks.

During the Easter period residents had an excursion to the Wesley Church in Geelong to view their Holy Week display which was seraphic.

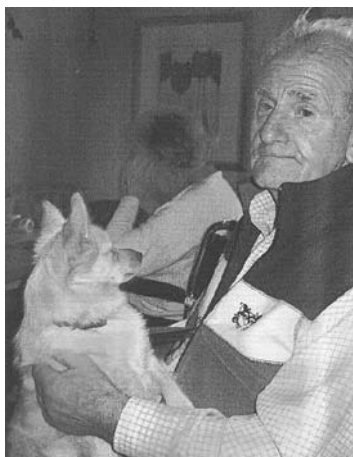


Another outing is planned to see a collection of silk embroidered World War 1 postcards to coincide with Anzac Day activities.

The autumn season is upon us and the rainfall or lack of has been recorded thus far: January 11 mm, February 38 mm, March 23 mm, so not much interest in gardening, although our geranium pot plants are looking good.

Our residents can now enjoy movie and TV viewing on big plasma screens. Thank you to TLC and fundraising.

At the Belmont we are serious about our footy tipping and bowling competitions to say the least, Go Cats!



In conclusion to end on a happy note, a quote:

Three essentials to happiness in life -

*Something to do
Something to love and
Something to hope for*

(Joseph Addison 1672-1719)

Lifestyle Team





The menagerie at Marina

Last newsletter I was wishing you a Merry Christmas, this one I am well behind, so Happy Valentine's, Happy St Patrick's Day and Happy Easter.

Valentine's Day was celebrated and enjoyed by many. The florist was in and out all day delivering flowers to both staff and residents.

St Patrick's Day was a real hoot with green beer and food that was delicious. Many of the residents have taken the effort to let us know how much they enjoyed the day.

Easter was a low key celebration this year, but the Easter bunny managed to drop off eggs for the residents and staff.

The beginning of a new year is always challenging, eventful and rewarding. Amongst the celebrations we also had another Support Visit. This time we passed with flying colours. The Accreditors acknowledged our high standard of care. They complimented us on our "excellent documentation".

I would like to thank all my staff for their continuing hard work and efforts to keep the Marina standards so high.

The Marina menagerie has a new addition known as LUCKY by some and RUBY TUESDAY by others. She is a beautiful black and white kitten found by the roadside on one of many resident outings. A caring resident has adopted her. She lives with the resident and has access to a private glassed courtyard where all who enter Marina can see her antics.

During the next month there will be some changes to weekend reception. We will be saying goodbye to Sue Chamberlain who has been our weekend receptionist over the past four and half years. We thank her for all her efforts.

As from 28 May 2008 Marina Reception will be closed on weekends and after hours. Reception hours will be Monday to Friday 8.00 am to 5.30 pm.

Welcome to all new employees. I would like to take this opportunity to wish them well and hope that they find the being part of the great team at Marina rewarding.

*Jane Elliott
Clinical Services Manager*

Staff Profile - Catherine Lowery, Team Lead, Seascope/Beach

Nickname: Cath
Dream Destination: Vanuatu for the sun and the beach
Useless Fact: Only male frogs croak
When I was a Kid: I always wanted to be a nurse and played Doctors & Nurses all the time
Most Valuable Advice ever Received: Live life to the fullest
Most People Don't Know: I rarely sleep and am prone to do housework and gardening between the hours of midnight and 3 am. I actually do my best work in the twilight hours.



Farewell to

Violetta Are who is retiring to look after a grandchild. We wish her all the best and thank her for her contributions to the Marina team.

Joan Molina, Chandra Trollope, Maritess Somers will all be leaving us shortly to have little ones. We wish them the very best.

Team Members of the Month

January	Jodee Lorenzon, Pat Busson, Kerry Brandolin, Donna Brennan
February	Nedia Mendoza, Laura Charallam, Judy Reid
March	Ann Sirret, Buenafer Adonis

The Many Blessings of Longevity In Olive's case this is very true!

Olive Edith Clifton, Born 26/12/1906



Olive has been a resident at Marina since 2004 and is very much part of our family. During this time many of the staff have had much

delight in sharing and listening to Olive's stories - particularly those of her family. Olive's family journey has been quite remarkable and definitely one for the record books.

Olive is the matriarch of SIX generations which in itself is amazing, all of these generations are female, then out of these SIX generations comes five other generations - but wait there's more! This equates to Olive having 13 grandchildren, 22 great grandchildren, 6 great, great grandchildren, and last but by no means least, comes great, great, great grandchild Taylah, who was born on 2 January 2008.

The real blessing for Olive is not only to have such a huge, loving family, but having the joy of living long enough to appreciate them ALL !

And Olive's rules for life?

- Believe in the Lord
- Do community work which will allow you to learn your own potential and to work with people less fortunate than yourself
- Do ALL things in moderation.

Longevity at Marina continues with the celebration of Annie Berryman's 102nd birthday!



Although Annie was a little reluctant to acknowledge her birthday, she did nevertheless enjoy the attention of people popping in and sharing in her special day!

Everyone's active

Activities at Marina continue to be in full swing, kicking off the year with our couples sharing in a Valentine's Day luncheon, followed by a concert. There was certainly a lot of love in the air!



We have some of our old favourites to entertain us at concerts, such as Williamstown Minstrels, Derek Redfern, Stephen Farquar, Tony Hoseman, Vic/ Graeme, Jo, Westend Singers and a new favourite - Quinton String Trio.

Playgroup continues on a weekly basis and the babies are growing up fast!

Residents continue to enjoy the regular activities that occur which include aqua-aerobics, outings, tai-chi-exercise programmes, games, cooking, shopping, mens group, quiztime, bingo, happy hour, church, italian rosary etc



Residents enjoying a delightful outdoor lunch

To much delight of our residents even Elvis managed to make an appearance.



St Patrick's Day proved to a great highlight to our residents, beginning with a morning concert, followed by a games afternoon, happy hour, and trivia - even the staff managed to get in on the act.



We look forward to sharing with you next time, until then ...

"Instill the love of you into all the world, for a good character is what is remembered"

*Sharon Oats
Lifestyle Co-ordinator*





THE NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

Well done & a big thank you

Noble Manor has been a hive of activity with the preparations for the Aged Care Standards & Accreditation Agency visit on 7 & 8 April 2008.

I am delighted to inform you that the 4 standards with 44/44 outcomes were all met.

Maree McCabe (Executive Operations) was very supportive and her leadership, knowledge, and back-up was absolutely unconditional and immeasurable.

A big thank you to all Clinical Services Managers and staff from other facilities who worked long hours in helping us achieve this wonderful result.

Last, but not least, my sincere thanks and appreciation to the staff at Noble Manor and Noble Gardens who worked together and supported each other as a team during this important time.

I am sure that without your commitment and support, the outcome would have been very different.

I am happy to say that both Noble Gardens and Noble Manor are now fully accredited.

The Estate is now recognised as a residential aged care facility across two sites where aged care folk can live in an environment that is loving, caring and safe, with staff who are truly focussed on delivering excellent care.

As you are all aware, I have resigned from my position as Clinical Services Manager of Noble Gardens & Noble Manor.

Although I am moving on, my memories of all of you at TLC will be cherished and I do wish you love, laughter, and success today and forever.

*Clare Dyer
Clinical Services Manager*

Team Members of the Month

Noble Gardens

- ♥ Mirsada Dziho
- ♥ Siobhan Leahy
- ♥ Raima Villanueva
- ♥ Sharon Williams

Team Members of the Month

Noble Manor

- ♥ Isobel Collins
- ♥ Penny Anderson
- ♥ Teresa Sauter

news@thenobleestate

Jack high

The Easter Bonnet Parade was truly fabulous with our lovely Nobel Manor ladies modelling their colour and classy creations and our illustrious judges Bert, Ed & Jimmy providing great commentary.

We had the amazing Fiesta Mexico dance troupe and the Hills Country Line Dancing Group visit recently. It was great to see so many residents also playing instruments, clapping and singing and having a jolly old time!

Week after week the “Jenny’s Just for Fun Painging Group” generates wonderful surprises with residents producing individual paintings of all varieties. New members are always welcome and we have artists in their 80’s who have never previously painted at all. Experience is not needed, just a willingness to try something new in a warm and creative environment.

Everyone is welcome to come along to both carpet bowls and lawn bowls (weather permitting). It can be done from a wheelchair or those using wheelie walkers, with assistance from staff. Those who used to play competitively can impress with their skill and everyone can have fun.

Soap making workshops are being conducted for those who would like to make Lavender & Oat, Peppermint & Bran, and Rose soap bars. The soap making kit contains all safe and environmentally friendly ingredients. Participants will have a bar to keep or give away themselves and the remainder will be sold as a fundraiser.

An RSL lunch outing was enjoyed by all last month.

JOKE

Paddy was walking through the graveyard when he came across a headstone with the inscription

“Here lies a politician and an honest man”

“Faith now” exclaimed Paddy. “I wonder how they got the two of them in one grave”



NOBLE GARDENS

lifestyle@noblegardens

My generation

What a busy period it has been since we last spoke.

The Lifestyle Department at Noble Gardens has introduced Playgroup at the facility. This is held every Tuesday morning with mothers and their children meeting at Noble Gardens (in the Chapel room) and allowing their children and the residents to interact.

It's lovely to see the generations mixing together and having fun, as well as people from the community wanting to come in and make this a successful event. The residents just can't get the smile off their faces when they see the children and are approached by them.



The activity has been running for 4 weeks with many more families expected to come along and make it a bigger and better interaction session.

As always outings to cafes and shopping trips as well as lunches at neighbouring RSL's have been a success. We have visited venues such as Delbake Cafe in Moorabbin, Gloria Jeans for afternoon tea, and Waverley Gardens Shopping Centre for residents to be able to go and buy themselves necessary items.



We also celebrated Easter since we last spoke.

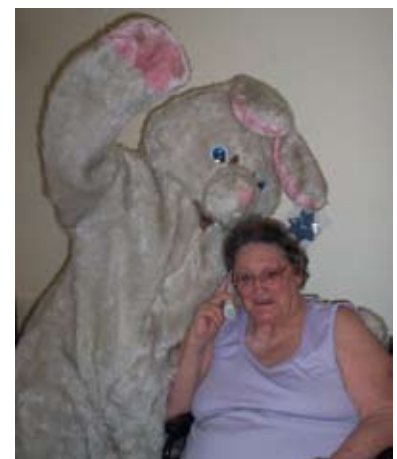
Easter was celebrated early this year but did not dampen festivities. We had the Easter bunny make an appearance and visit every resident offering them chocolate eggs. The Easter bunny came around during the lunch period and was nice enough to stop and pose for some photos with residents and staff.

On behalf of Noble Gardens Lifestyle Team, we hope everyone had a lovely Easter filled with family, friends, church services and most importantly - CHOCOLATE!

Until next time, have fun and keep safe.

Cheers

Maria Agrapidakis
Lifestyle Co-ordinator





NOBLE MANOR

lifestyle@noblemanor

A Manor of things

Here at Noble Manor we have had a full and busy month.

Regular sessions such as library, exercises, Jenny's painting group, aromatherapy sessions, communion and church groups are ongoing.

The introduction of Happy Hour, carpet bowls and a poetry group has been a continuing success.

Group sessions of ball games, quizzes and soap making workshops are also proving to be popular as well as luncheons at the local RSL and regular trips to the local Buddhist temple.

A trip to Myuna farm in Doveton also went ahead this month.

End of month birthdays are celebrated with a party and concert featuring a singer/musician.

Entertainers who have visited Noble Manor in April include U3A Choir and the Nordan Variety Artists. A highlight for this month has been the Drum/Percussion session in both wings.

Kensington residents have been enjoying regular sessions of exercises, games, painting, art and craft, sensory, reminiscence sessions, memory games, walks, sing-a-long and the introduction of ladies apron sessions.

Several students on placement have proved to be valuable in assisting Lifestyle with group activities, outings and one-on-one sessions.

To finish the month we have the President of the Springvale RSL attending on Anzac Day. There will be a commemoration followed by barbeque and singing.

*"This day of days again we keep -
In memory of those who sleep
Away beyond the quiet sea.....
Away in far Gallipoli.*

*'Tis Anzac Day - 'tis Anzac Day..
Our soldier comrades far away,
They died in war - that we in peace
May live and love that war may cease".*



Lifestyle Department



HOMWOOD

New faces

Hasn't time just flown by! With Easter celebrations seeing us through March we had plenty to keep us busy with the annual Easter raffle, and of course, the delight of indulging in chocolate eggs!

I would like to welcome new staff members Alisn Leonard, Nicole Challancin, Jo Mizzo, Brooke McDonald and Kim Brew to the Homewood team, and acknowledge the promotion of Debbie Moss to Lifestyle Co-ordinator.

We have also been taking expressions of interest for volunteers and the response has been very positive with members of the community taking interest in integrating with residents in residential facilities.

Occupancy has been increasing for Homewood, and I know we are all enjoying welcoming new faces to our home. Particular thanks to Homewood residents in adjusting to what can be new neighbours, and an extended welcome to transition care clients who often may only stay with us up to 12 weeks due to their program.

Special acknowledgement to Mr Allan Hall, who generously donated reading material to the Homewood library. Residents and relatives alike are finding a quiet corner for a read and a cuppa.

Our activities program has had an overhaul and new games have been introduced and also residents are encouraged to make suggestions for any activities they would like to see on the calendar, including bus trip destinations.

It is lovely to see such a wonderful attendance at our weekly exercise class hosted by Physiotherapist, Sharon Robinson, and Physio Assistant, Margaret Brooks. Don't forget Friday's at 11.00 am in the Piano Lounge.

I would like to make a special mention to Carol Cummins, a valued Registered Nurse who is celebrating her birthday in April. Carol is a familiar face around Homewood to many residents, families & staff, and she has been with TLC since 2001. We wish Carol health and happiness.

A gentle reminder to residents and relatives, that in the event you are going out, please notify the Team Leader or Nurse in Charge, who can ensure that any medication or meal requirements can be taken care of.

Take care
Until next time

Nancy Oosterhof
Clinical Services Manager

Team Members of the Month

January Clarence Rulach, Sharon Brownlaw, Claudette Balisson, Tony Attard, Daniela Grunzu, Asumpta Gnanaseelan, Danielle Sta Ana

February Sarah Van Oirschot, Carol Cummins, Natalie Peters, Vanessa Varga

March Karen Sayer, Nicole Challancin

A rolling stone gathers no moss

Hello, my name is Debbie Moss. I am the new Lifestyle Co-ordinator at Homewood. We have had a very busy time over the last few months. We have a new Lifestyle Assistant, Alison Leonard who is settling in well.

After Christmas we thought things might quieten down a bit, but this hasn't really happened. We have been keeping very busy with activities within the facility as well as several exciting and interesting bus trips.

In January we took two groups to an exhibition of the Shrine of Remembrance that was held at Cranbourne and both groups thoroughly enjoyed the exhibition and information provided.

We have also recently taken two groups to the Re-Gen Emu Farm at Garfield - a wonderful time was

had by all. Everyone enjoyed the trips immensely, as seen in the photos. We had a lovely morning tea provided at the farm, along with a guided tour and a sample product containing the emu oil - it was fantastic!

We have had some fun Happy Hours over the last couple of months, with a special one for Easter and the drawing of our Easter raffle, which was made possible with the wonderful donations and support from the staff, residents and relatives. A big thank you to everyone.

A chocolate-making demonstration before Easter was also well attended and everyone - residents and staff, enjoyed a taste test of the finished product.

We have again enjoyed some wonderful entertainment by our regular group, The Merry Makers,

and a relatively new entertainer to our facility, David Pearson, who sings and plays the guitar. All the residents love these entertainers and they usually draw quite a crowd. The residents join in with hand clapping and singing as they know all the words to the songs.

With the footy season starting again, we have commenced the residents footy tipping competition again with great interest from all participants.

Overall, the last few months, being the first months for me in my new role as Co-ordinator, have been very busy and very rewarding and I would like to thank the staff, residents and families for their kind words of encouragement and their support for me and my new team.

I am sure this will continue in the months to follow.

Thank you.

Until I write again,

Debbie Moss
Lifestyle Co-ordinator





SUNLIGHT

Low voltage ...

Hello to everyone from Sunlight in Whittlesea.

We hope you all had a great Easter and did not eat too many chocolates or gain too much weight.

With the fierce storms in April, we lost power for a while and you will have noticed some of the damage. This included our once standing chook pen, now a pile of tin flat on the ground (luckily there were no chooks in there at the time) and fence damage caused by falling trees. It was amazing to see how dusty and brown everything became.

We were complaining about the disruption to our computers here and little did we know that this was minor when we heard how many people

were left without power, some for days! Our thoughts were with you.

We would like to announce that full occupancy has now been reached and would like to thank all long term residents and staff for making our new residents feel so welcome and at home.

Many new faces are being seen at Sunlight due to recent recruitment and trainee's who are completing their practical placement here.

We would like to welcome Christina and Lauren from Apprenticeships plus who will be continuing with us as Div 2 trainees.

I would like to personally welcome all new staff and farewell those who have left.

In the next 2 weeks, we are expecting the return of two of our regular staff members who have been on a world cruise and who had stepped off at the Cherry Blossom Festival in Japan. We will all enjoy the tales of their adventures and seeing their wonderful pictures.

I don't know how many of you know that we have a well known horse racing identity who trained many horses in his youth who now resides at Sunlight.

Much to his and the staff's delight was a surprise that was coordinated by his family and management to have a visit from "Moose" a

16h Chestnut Warmblood Gelding that was brought in on a float and unloaded for Keith to pat and feed. This brought back many memories for Keith that he enjoyed sharing with everyone there.

A few other residents also came out to visit who also shared stories of when they used to ride.

Speaking of horsepower, many residents and staff also enjoyed the visit from the local motorcycle club with loud revving rides given to residents and staff. I'm sure you'll enjoy the details in Yvonne's news.

*Amanda Roks
Clinical Services Manager*

Congratulations to our Team Members of the Month

January Michael McKinnon (Medirest)

February Michelle Tennant
Rachael Kerr
Zosimo Pinca



lifestyle@sunlight

My family won't believe it ...

Hot summer days have seen Sunlight's residents busy enjoying in-house activities.

Early morning walks with our ever-faithful volunteers from the New Horizon church have proved valuable to residents who need an environmental change. Your wish is their command and happily they go about assisting residents to places of interest within the town. Everyone meeting up at the ice-creamery for large mugs of tea or frothy cappuccinos amid reminiscing and laughter. Families wishing to join this wonderful group with their loved ones can meet at the front foyer at 10.15 am every Monday. As they say - the more the merrier!

Australia Day was celebrated with Roberts Wing cooking damper to go with the good Aussie barbecue and delicious pavlova. Families joined residents in an egg race and Australia Day quiz.

A walk down memory lane with the Museum Victoria's discovery program was a highlight for residents who were able to view, handle and reminisce their childhood memories of the "toodle-um-buc", "cherry bobs", "jam tin telephone", and many more "Oh my gosh", "I remember that", "I used to have one of those", "They were so much fun".

Singalongs with the Cherry Trio and David & Joy Carr Duo saw residents up dancing or toe-tapping to the music.

The RSL visits are ongoing monthly and last month even saw some ladies attend.

Op shopping, afternoon tea at Rivers Nursery, and an outing to Coopers Farm Settlement all proved a great success.

residents who dared to live in the fast lane and ride a Harley. These residents were all smiles when they rode off into the sunset only to return saying "My family won't believe it when I tell them". Who says the residents can't dare to live! The ride put a new spring in the residents' step.

The Ulysses Club members stood around reminiscing with those who chose to keep their feet on the ground. There was not one resident who didn't have a member talking to them or showing them the workings of their shiny chrome motorbikes. The interaction was fabulous.

Last but not least, we want to thank the Ulysses Club member who donated computers for residents' use. I'm sure it will bring a new dimension to their lives.



Lifestyle Team



FUN WITH TLC

Anzac Day Word Search

h e t u k u x b v l q q p s d h k z g g o s p r n
 z h d v m n y m o v i n i t i a t i v e c a t l r
 c e e s w c q a q c l y l r o x o a s s o c x a y
 h e s e n s e o f h u m o u r m u x y p m r d p m
 a b c s v f j e t r r r t m p t b o o i r i w m r
 r s o b p e d u p l a r r i k i n s z r a f l a u
 a p w c t t m m a e l z i y k t z t s i d i o t p
 c y x i a f i g m u v g g l x n c k a t e c o e g
 t d n r m c z a z b t u q u j w p x z b s e k s r
 e a w j x n f d x i h c y f k b b v o o h b a h e
 r n t a r z s u r d i s c i p l i n e r i h f i a
 i b a x g f q i b n q o u w d o p t y n p w t p t
 s k s c m v p n a t i o n a l c h a r a c t e r c
 t s n d i s i h j c y c r y x f h j e t r z r v o
 i n e f c p e g n s c j d w k v u i z a i b o d u
 c q d a h e r o i c s u f f e r i n g n i f n o r
 n y z j w s q w e l w q v h e t u k u z x b e v a
 l n q q p s d h k z g g a u s t r a l a s i a n g
 a c h e e r f u l s u f f e r i n g o c p r n n e
 z h d v m n y m o v t l r e e s w c q c a q o c l
 y l r o x o a s x a y e m u x y d p m o b c t s v
 q u a l i t i e s s h o w n i n w a r v f j h e t
 e n d u r a n c e r r r t m p t b o o e w r e s o
 b p e d u p z u p w c t t m m a e l z i y k r t z
 t s p y x i a f i g m u v g g l x n c k a d n r m

- | | | |
|---|---|--|
| <input type="checkbox"/> Anzac spirit | <input type="checkbox"/> endurance | <input type="checkbox"/> mateship |
| <input type="checkbox"/> Australasian | <input type="checkbox"/> great courage | <input type="checkbox"/> national character |
| <input type="checkbox"/> characteristic | <input type="checkbox"/> heroic suffering | <input type="checkbox"/> qualities shown in war |
| <input type="checkbox"/> cheerful suffering | <input type="checkbox"/> initiative | <input type="checkbox"/> sacrifice |
| <input type="checkbox"/> comradeship | <input type="checkbox"/> larrikins | <input type="checkbox"/> sense of humour |
| <input type="checkbox"/> discipline | <input type="checkbox"/> look after one another | <input type="checkbox"/> spirit born at Anzac Cove |



SUPPORT CENTRE

Staff Profile

Tracey Phillips - Executive Assistant

Nickname:	My Dad calls me "Fred"
Family:	Husband, two children, one dog, two rabbits
Place of birth:	Melbourne, but have lived in two different States before coming back permanently
At TLC:	New Executive Assistant to Maree McCabe, Executive Operations, Support Centre
In my CD player:	The Veronicas - my daughter's favourite
Currently reading:	"Notebook" magazines
After hours:	Love catching up with friends - whenever we can, & movies
Dream destination:	Lots of places are beautiful, am still exploring
Favourite meal:	Roast chicken, vegies & gluten free gravy
I can't stand it when....	People spell my name incorrectly - small thing I know!
Useless fact:	I love sleeping in on the weekends - not that it happens very often
Claim to fame:	Can trace my ancestry back to a convict arriving in 1840's



Team Member of the Quarter - Rose Reed

Congratulations to Rose Reed, OH&S Co-ordinator who received the Team Member of the Quarter Award. The recipient of this Award is nominated by the Executive, CSMs, and Support Centre staff.

Rose received the award in recognition of her continued patience and dedication in ensuring the ongoing safety of staff and residents for the quarter ending 31 March 2008.



Forest Lodge

Forest Lodge, currently under construction in Frankston North, is progressing well as you can see by the photos. We can now confirm opening on 4 August 2008 and we are very much looking forward to welcoming Milpara Park residents to Forest Lodge.



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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