

Happy New Financial Year

It is hard to believe just how quickly the year has gone by and already it is July. Certainly the first half of the year has been very busy and the new financial year brings with it a number of exciting activities also.

We are very much looking forward to the opening of Forest Lodge in Frankston North. On 4 August 2008 we open 58 beds and then we will have a total of 125 beds open in November this year. There has certainly been a high level of interest and we are looking forward to meeting the needs of the Frankston North community.

We are also making plans for an official opening of our newest home, Noble Manor in Noble Park. This takes place in September and we are very much looking forward to having the Minister for Ageing, Justine Elliot officially open the home for us.

We have, over a period of time been planning for the introduction of a corporate uniform for staff. This process has involved firstly surveying the staff to seek their views. We then put together a working party comprising staff from different homes. This group has been working over a number of months to

make decisions about colours and styles of uniforms to ensure that everyone's needs are met. A trial of the new uniform is taking place at two of our homes prior to full implementation. We believe that our staff will look very smart and professional and help to enhance the great image of TLC Aged Care.

Another project we are looking forward to progressing is that of staff recognition. The Strategic Marketing Group has been given the brief by the Director and owner of TLC Aged Care, Jenny Leaper, to design and implement a 'Years of Service' ceremony. We plan to have an annual event whereby staff years of service is recognised and acknowledged.

At TLC Aged Care we believe that acknowledging the commitment of staff helps to retain them and in turn provides a higher standard of care to our residents by way of ensuring continuity. At TLC, all we do is focused on ensuring that our residents are well cared for.

I look forward to talking with you again next time.

*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

A rosy outlook

Winter has finally arrived. Lots of welcomed rain to fill our dams and catchment areas. Let's hope the drought finally breaks and the water restrictions will be lifted.

I want to take this opportunity to acknowledge, congratulate and thank all the staff of Homestead Lakes and The Homestead for their support to me and all the hard work they do on a daily basis. They do a fantastic job. Well done!

The Homestead

Occupancy has been very steady over the past months. We have a new rose garden in the front lawn of Chesterfield, instigated by Jacqui (Lifestyle). This will look very colourful in the spring and summer months and gives residents and families much pleasure to view. The new fitness/gym room is being very well utilized by many residents.

The Homestead is due for accreditation in 2009, 3 years comes around so quickly! We will be preparing and working towards achieving 44 out of 44 outcomes.

If any residents have any ideas for Continuous Improvement, please submit them on a yellow Best Practice form. They are located in the front entrance.

Families are welcome to attend the next Resident Support Group meeting which is scheduled for Thursday, 14 August 2008 at 2.00 pm in the new Chesterfield sitting/dining room.

Homestead Lakes

Occupancy has greatly improved with many new faces - residents and staff. The Suffolk sitting/dining room renovation has been completed. Residents are enjoying the new space and this has enabled staff to monitor and supervise the residents more effectively. New curtains are in the process of being made for the windows, and the glass doors to the courtyards have been tinted. The wall mounted TV is being enjoyed by all.



New Suffolk Sitting and Dining areas



The next meeting of the Dementia Focus/ Family Support Group is scheduled for 24 July 2008 at 5.30 pm at The Homestead. All are welcome to attend. Families are invited to attend the next Resident Support Group meeting on Thursday, 21 August 2008 at 10.30 am in the Chapel. Mary Lyttle will be attending to inform the residents and families of The Elders Right Advocacy Group.

*Fran Durham
Clinical Services Manager*

news@homesteadestate

We commemorate

Mrs Margaret "Peg" Bridge
 31/7/1927 - 31/5/2008

Peg became very interested in a variety of knitting projects when her health prevented her from attending the daily activities.

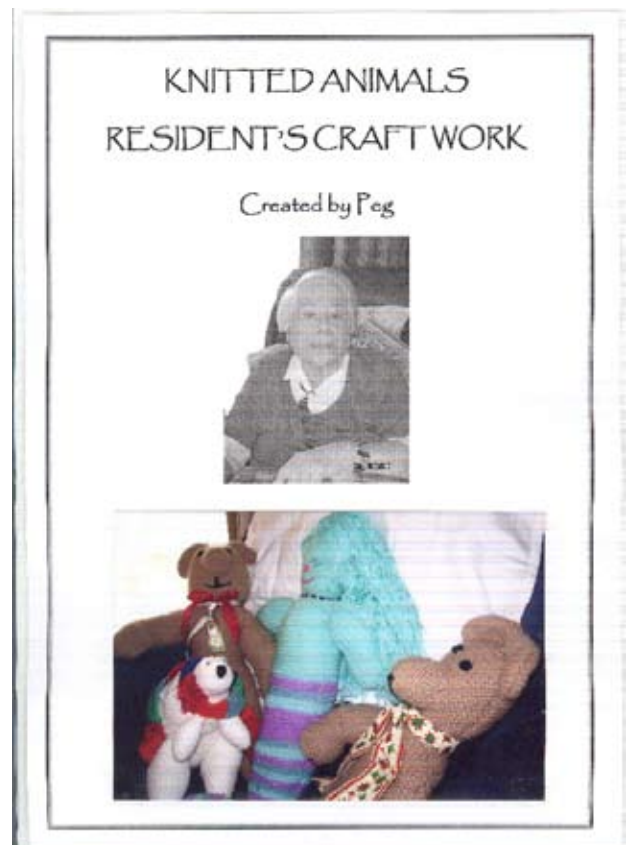
She kept herself busy knitting for babies in Africa, people of Tibet, family members and staff. Peg always wanted to feel that she had contributed in some way to the causes she felt strongly about and her efforts were greatly appreciated by all those who benefited.

We would like to acknowledge Peg's efforts and also the efforts of all the staff who assisted with the provision of wool, patterns and the time to help Peg with her cause.

This article is in respect of Peg's wishes. She felt that her passing should be made known publicly.

The photo depicts the variety of toys Peg had knitted for family and friends.

Goodbye Peg



Welcome to the Team

Homestead Lakes

Vanessa Hadgis
 Edwina Rees
 Linda Bond
 Anna Howell
 Amanda Nicholson
 Lynne Phillips

Taf Rutsate
 Chris McCall
 Belinda Grixti
 Sharon Hague
 Melissa Maher

The Homestead

Heather Eastgate
 Jennifer Forde
 Tiffany Hodgson
 Belinda Lynch
 Kylie Walters
 Krista Van Der Wal



HOMESTEAD ESTATE

lifestyle@thehomesteadestate

Huff and puff

Our new gym room is now providing residents with a separate area to perform daily exercises and also participate in weekly gym circuit sessions.

We are currently assessing each resident for individual needs with strength and mobility and designing programs to to maintain and enhance their physical activities. We hope to provide a healthy lifestyle and maintain a healthy environment for all.



Simple Sit-To-Stand Exercise Improves Balance

The ability to get up from a chair and sit down without assistance is essential to independence. In fact, a timed chair stand is a common assessment tool used to measure a person’s functional level. The movement requires lower body strength, balance and co-ordination.

A new study published in the *Age and Ageing*, September 2007, looked at the effectiveness of the chair-to-stand movement as an exercise in itself. Sixty six mobility limited older adults 80 years or older participated in the study. Participants randomized to the intervention group performed repeated sit-to-stands using a biofeedback device that recorded and displayed the number of repetitions performed. Participants randomized to the control group performed knee extensions using ankle cuff weights. Both groups performed the exercises daily for 6 weeks.

The sit-to-stand significantly scores on the Berg Balance Scale, although there were no improvements in other measurements of gait and function. The authors noted that “while statistically significant, the improvement in Berg Balance Scale score was modest; raising the issue of what extent of change in score is clinically significant in this population.”





HOMESTEAD LAKES

lifestyle@homesteadlakes

Furry friends visit

A volunteer from Jirrahlinga Wildlife Sanctuary came along for a visit and brought three of her furry friends, which included a baby wombat, wallaby, and a ring tailed possum, which were all very cute, cuddly and well behaved.



Each month we visit a few of our favourite coffee spots. We have visited Benito's at Point Lonsdale where we were able to sit and watch the dredger in the main shipping channel.



We visited Van Loons which is a local nursery which has a lovely cafe. The sun was shining and it was a pleasure to wander around and enjoy all the plants.



We also visited The "Dunes" in Ocean Grove, and "The Heads" on the Barwon Heads pier.





THE BELMONT

All that's old is new again

Its unbelievable to think that half of the year has passed so quickly. We have all been very busy at The Belmont. There have been upgrades and makeovers, changes and modifications, all striving to keep up with continuous quality improvement.

The Duggan unit is looking spectacular with new flooring and paintwork giving it a new look and a fresh approach. The residents, staff and families really appreciate the ambience it gives and a new tropical aquarium and flat screen TV just enhances the lifestyle of Duggan residents.

We welcome many new staff to The Belmont and everyone is working hard to create an outstanding living and work environment. We have had a support visit from the Aged Care Accreditation Standards Agency and the report was very pleasing. Acknowledgement was given to all staff who have worked very diligently and with passion to achieve high standards of care for all residents.

We welcome our new residents to The Belmont who are starting a new chapter in their life. I try to walk around the facility most days to have a chat to everyone and check that all is well.

The monthly morning tea and chat with the residents has been added to the monthly calendar and provides a great opportunity for all residents to talk to me directly. Mind you, they all know that my door is always open.

With the new financial year ahead, there are many tasks and plans in the pipeline. Everyone is welcome to make suggestions and this is certainly the emerging trend.

I have started writing a monthly bulletin for the staff so that everyone is kept in the loop. As a team we are all well informed about all of the changes, ideas and outcomes that happen at The Belmont.

It is fantastic to observe the many improvements that culminate in making The Belmont a great place to work and live.

Thanks to everyone for all their support.

Lynette Herrin
Clinical Services Manager



Dress ups

A lot has been happening here at The Belmont, starting with painting and decorating in the Duggan unit where things are looking colourful and homely.

The residents, staff and family members are very happy with the makeover. Many thanks to Murray our wonderful Maintenance person.

Special events that have taken place this quarter include our Loud Shirt Day where residents and staff dressed up in very bright, colourful and even noisy shirts.



Also during May we participated in the Cancer Council's Big Morning Tea.

In June, a very special event was celebrated. We had our first ever masquerade ball and it was fantastic. Residents were involved with Bunnings workshops making masks for the day. We dusted off our glad rags and dressed to impress. It was a very fine day with entertainment and dancing taking place followed by refreshments and finger food.



Soon we will be off to the wool museum in Geelong to view the Pioneers Lifestyle display of shearers' knives and forks which will coincide with our Pioneer Day.



Winners of the Loud Shirt Day

A simple and eloquent poem found in a USA nursing home - author unknown

Crabby Old Man

*What do you see nurses? What do you see?
What are you thinking when you're looking at me?
A crabby old man, ... not very wise
Uncertain of habit ... with faraway eyes?*

*Who dribbles his food ... and makes no reply
When you say in a loud voice "I do wish you'd try!"
Who seems not to notice ... a sock or a shoe?*

*Who, resisting or not ... lets you do as you will
With bathing and feeding ... the long to fill?*

Until next time,

*Lifestyle Team
The Belmont*



Farewell & welcome

The past four weeks have been very exciting. In my role as Clinical Services Manager, I have been assisting Noble Manor in its transition to their new Clinical Services Manager, Jennifer Garrard. Tootling up and down the freeway between Altona North and Noble Park has been quite an experience.

I would like to take this opportunity to thank all those who have supported me by continuing to maintain the processes at Marina during my absence.

Farewell to Kali Bavage, our receptionist extraordinaire, who has a great rapport with all residents, visitors and staff. Kali is sadly moving on to further her career. She has been snaffled by Apprenticeships' Plus, and will by the time of this newsletter going to print, have left us. We wish Kali all the best in her new role.

Crystal White has left us, but not left us. She has taken up a training position and we will see her from time to time when she visits her trainees. We also wish her well in her new endeavours.

Welcome to all 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.

A big congratulations to Joan Molina and family on the birth of their new son.

We have another five staff members on maternity leave waiting for impending births. Marina certainly has much to look forward to!

Jane Elliott
Clinical Services Manager

Staff Profile: Sue Taylor

Nickname: Don't have one

Position at Marina: Team Leader, Pacific

Began working: at 17 years of age

Dream Destination: South of France

Useless fact: Two of the goals I have achieved in my life.

One - spitting from the top of the Empire State Building, New York.

Two - staggering through the sand dunes in the Sahara Desert.

When I was a kid: I wanted to travel the world

Most valuable advice ever received: Never wash your face with soap



Apology

In the previous newsletter an error was made whereby the wrong photo was inserted next to an acknowledgement of another resident's birthday. We apologise to Rita Mans for the error and hope that no distress was caused as a result.

Out and about

From everyone at Marina we extend a warm welcome to all of our new residents and their families.

At Marina we have some real thinkers! Yes that's right - when staff arrived at work and discovered that the fountain was broken, all was not lost, staff put their heads together as always and found a solution as you can see!



Great work Serge !

Upon attending Newport Senior Citizens, we discovered that our residents still have their twinkle toes and have not forgotten how to kick up their heels on the dance floor.



Despite the cold weather, the past few months have seen our residents still getting out and about and have enjoyed going out for lunch to the various RSL's, golf club, Altona Sports Club, Ajays Restaurant, and the Footscray/Yarraville Bowling Club.

The St Paul's College year 10 students attended for six weeks to share and discuss ideas, draw, and play word games with our residents. They gain wonderful insight into the life and times of our residents.

Reminiscence has been an activity that residents are enjoying very much. Discussing Australian animals has been great fun.



Scones have been a definite feature with our residents beginning with the Biggest Morning Tea which was again a resounding success as well as raising money for a good cause. It also gave the kitchen staff time to hone in on their scone making. Thanks everyone. Our residents were invited to our local community centre for devonshire tea, and were entertained by Indian cultural dancers.



The Queens Birthday was celebrated in our Seascope and Beach wings with scones, jam & cream, and of course, it wouldn't be royalty without sipping tea from the silver teapot.



Our church services continue to be offered to our residents - Catholic, Anglican, Hobson's Bay Christian Church, as well as night time hymn singing, rosary (English & Italian). Inhouse activities continue as we share exercises, tai-chi, happy hour, cooking, entertainment, games, craft, hand massages, sing-a-long, sensory/gardening.

*Sharon Oats
Lifestyle Co-ordinator*



THE NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

... in with the new

Hi, my name is Jennifer Garrard and I am the new Noble Estate Clinical Services Manager.

I have worked in aged care for several years and prior to that in the acute hospital sector. I have a strong background in quality management and look forward to working with TLC to ensure that our residents get the best care we can provide.

I think it is important to respect that this is the residents' home and to do what we can to help the residents feel dignified and respected. These are the important goals that I will strive to maintain at both Noble Manor and Noble Gardens.

I enjoyed meeting many residents and their families at our recent Resident Support Group meeting. This is an excellent forum for residents and family members to hear about changes and to express their ideas. I have taken many ideas away with me and am gradually working my way through them.

At present I seem to be attending many meetings, but in this way I can hear all about the facilities and share ideas with staff and residents.

There have been a number of new staff at both sites and we would like to welcome them to Noble Estate.

Noble Manor is growing in resident numbers by the minute it seems and I would like to warmly welcome all the new faces to this facility. There are also several new people living at Noble Gardens too, and I hope all are settling into their new home.

A very special thanks to Jane Elliott, the Clinical Services Manager of Marina, and Mirsada Dhizio from Noble Gardens, for covering the manager roles until I commenced.

If any residents, family members or staff would like to meet with me to discuss anything at all, I am very happy to do so the door is open!

Take care, till next time,

*Jennifer Garrard
Clinical Services Manager*

New Library Borrowing Plan - Good News for Book Lovers

From 8 July 2008, the library will be open at all times as it will not be locked. Residents can feel free to borrow and return books as you please. If you require assistance just notify any of the Lifestyle staff.

Only the books from the Dandenong Home Library Program will be locked for security reasons. Staff will take these around on a trolley from time to time for your reading pleasure.

Child's play

On 3 July 2008, members of the Cook Island community visited Noble Manor to delight residents with their wonderful singing. Adults, children and teenagers combined to provide an uplifting event.

So many residents have enjoyed doing the hokey pokey dance and singing, heads, shoulders, knees and toes with the children and parents of the Cook Island Playgroup.

The Cook Islanders Playgroup has been coming to Noble Manor for several weeks. The official launch is on 25 July 2008. The Lord Mayor, the CEO of TLC Aged Care, and the heads of Mission Australia and Playgroup Victoria are all invited to the launch.

*Penny & Lifestyle Team
Noble Manor*





NOBLE GARDENS

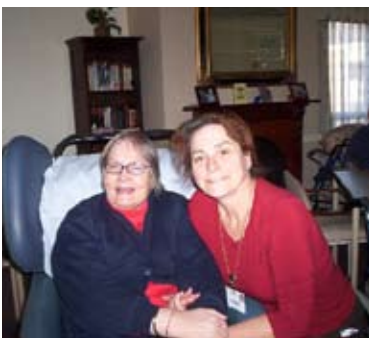
lifestyle@noblegardens

Anzacs, Mums, fun & games

Another busy period has gone in Noble Gardens!

Noble Gardens Anzac Day commemoration service was held on Saturday, 19 April 2008 at 2.00 pm. Nellie O'Meara, Flo Killeen, Amelia (student), and Bob Bunting took part in reciting a prayer and placing the wreath to the fallen. The Lifestyle fundraising kitty donated the wreath. Many people attended the occasion and an afternoon tea was held later. The residents were very happy to stay behind and chat.

The service went well and we wish to thank John Killeen for organising RSL members to be present for the event and for the great effort he put into organising the day.



Mums deserve the very best and so for Mother's Day the Lifestyle Department organised some special treats for the occasion. Daisy (entertainer) played the piano and sang old time tunes with the residents.

All the residents had yummy cream and jam scones for dessert. Siobhan Leahy (Lifestyle Assistant) came out of her way to visit Noble Gardens on Mother's Day to give chocolates to all the mothers in the facility.



For almost three months now weekend activities have commenced in Rose Unit to meet the needs of these residents.

From 10.00 am to 3.00 pm every Saturday, Carol conducts ball games, sensory cooking and walks with the residents during sunny days.



We would like to take this opportunity to bid farewell to Maria Agrapidakis, Lifestyle Co-ordinator, who has left Noble Gardens for a new career path. The residents and staff really miss her. Goodbye Maria and all the best to you!

On a positive note, the Lifestyle Department at Noble Gardens would like to welcome our new Clinical Services Manager, Jennifer Garrard, who commenced on 16 June 2008.

*Lifestyle Department
Noble Gardens*





NOBLE MANOR

lifestyle@noblemanor

Diving in the deep end

The Noble Manor residents are enjoying swimming at the Oasis hydratherapy pool on Wednesday afternoons. The Lifestyle Department would appreciate volunteer-family members or others who would like to come along to assist residents and enjoy a swim too. Please contact Penny or Angela, the Physio Assistant, if you would be available between 1.30 pm and 4.00 pm on Wednesdays. It is a very enjoyable, relaxing and interesting afternoon.

Residents recently enjoyed RSL lunches, a trip to the Buddhist Temple, poetry sessions, carpet bowls, bingo, regular exercise groups, book club, the U3A International Circle Dancing demonstration, concerts, Learn to Bollywood Dance with Anu and lots more!

Happy Hour at 2.00 pm every Friday has become one of the most popular times at Noble Manor for residents and family to get together socially and enjoy chatting, singing and even dancing. Many thanks to Alistair, TLC's multi-talented Business Development Manager, who has been playing his keyboard bringing much pleasure to the merry makers.

Jenny's Painting for Fun Group will set up an exhibition of the group's painting in the spring to coincide with Noble Manor's first birthday.



Noble Manor welcomes our new Chef Danielle. One outcome from the RSG meeting will be the formation of a Food Focus Group where residents will have the chance to get together with kitchen staff on a monthly basis and discuss the menus and any concerns about the meals which may arise. We have the names of some residents already, but if you would like to be part of the Food Focus Group please let Lifestyle staff know and we will inform you when the first meeting will be scheduled.



Residents enjoying the drumming & percussion group facilitated by Lyn Jones.

Noble Manor is indebted to many volunteers who add to the Lifestyle program with love and commitment to make the lives of residents more diverse and fulfilling. On Saturday, 9 August 2008, we will honour them with a special afternoon tea, certificates of appreciation, and some entertainment.

*Penny Anderson
Lifestyle Co-ordinator*



HOMEWOOD

Celebrations & congratulations

We have passed the half way mark of 2008 - what a year thus far. I am happy to announce that we have had cause for celebration in the past few months celebrating International Nurses Day on 12 May, when Homewood hosted a staff BBQ for all carers to enjoy. There were prize giveaways and an article in the local paper to acknowledge all the nurses for an exceptional job they do in caring for Homewood residents. Well done!

We have special mentions of staff - Sarah Findlay who has had a baby boy and Lisa Thornhill who has had a baby girl. We wish both families health and happiness at this time.

Congratulations to staff member Jacqueline Robinson who married in May. She then shared the wonderful wedding photos with residents in Blue Gum.



Team Leader Vanessa Varga and carer Mandy Addicoat enjoying International Nurses Day

The month of July brings a new activity to the Lifestyle & Leisure Program of a Gardening Club. We are gathering materials and if anyone has any seedlings or cuttings to donate, that would be appreciated. Please see Debbie Moss.

The weekly Tuesday afternoon Men's Club is being enjoyed by not only men, which is a pleasant surprise! We have snacks and drinks on offer and some classic tunes along with great company. All are welcome.

A reminder to all residents and families that a garment rack is placed near the Chapel area with items that are not labelled. So please check to see if you recognise anything that may be yours and then check-in all unmarked clothing to reception for labelling. Thank you.

Ian Beach cooking the staff BBQ for International Nurses Day



A Mother & Baby playgroup has commenced at Homewood in conjunction with the City of Casey. Each Thursday morning we welcome a small group of mothers and their babies to Homewood where they chat with the residents and keep us all up to date with the developments and joys of their babies.

Take care

*Nancy Oosterhof
Clinical Services Manager*

The Gift of a Nurse
 God took one pair of angel wings
 One halo heart of gold
 Two eyes that hold compassion, for others young and old.
 Two hands to offer kindness always putting others first
 He wrapped it up with TLC and called this gift a nurse

Love from the Residents at Homewood for your care

The magical mystery tour

Hello again

Isn't the time flying by, it's hard to believe we are into the second half of the year already. During the past few months here at Homewood, the residents and staff have been keeping busy.

We have had some very nice entertainment over the past few months. We had a "Scottish Gaelic Choir" entertain us and the bagpipes were just wonderful as seen in the photos. Everyone really enjoyed the music and singing.



We were also entertained by "Frank the Magician". He didn't pull a rabbit out of his hat but he was very entertaining and kept everyone guessing how the tricks work. We have once again been entertained by our regular entertainers "The Merry Makers", David Pearson, and Kerryn & Joyce. The residents and staff alike enjoy these performers - you can tell by the looks on their faces, the hand clapping and toe tapping.



We have had some very enjoyable bus trips over the last few months. We have had morning tea at the Kallista Tea Rooms, coffee and donuts at Fountain Gate shopping centre, visiting the animals at Myuna Farm in Doveton (as seen in the photos),

a trip to the Tooradin foreshore, a walk along the pier at the Frankston foreshore, checking out the huge houses at Mt Eliza, a yummy stop at a lolly shop in Keysborough, and a peaceful trip to feed the ducks at Emerald Lake. We are very fortunate at Homewood due to our location in that we can go towards the beach one day and go towards the Dandenongs on another day. It gives us a wide variety of places to visit.



Our resident footy tipping is progressing well with a few residents being very lucky by picking 8 out of 8. Each resident who achieved this wonderful feat has won a small prize for their efforts. The overall winner at the end will receive a lovely prize as well.

Our residents are enjoying our activities program with a few changes made to include new activities. Art and craft is still proving very popular with the lead light painting continuing and the residents have been enjoying making pom-pom teddies in their favourite footy colours.

Until next next time,

Debbie Moss
Lifestyle Co-ordinator



SUNLIGHT

Sensory overload

Hello to all our residents, family and friends at Sunlight in Whittlesea.

With the onset of the cold crisp weather, we would like to ask all families to make sure that our residents have a warm coat so, on those chilly days, those who wish to can brave the wintry weather and get outside to breathe the crisp mountain air.

We have been very busy with the Roberts unit over the last few months. Plans have been on the noticeboards for everyone to view and we have had positive feedback from everyone who has seen it. We would like to invite anyone who is interested to visit the Roberts unit to see the dramatic changes there. Equipment for the snoozelen room has been ordered. We are expecting delivery some time this week of a mirror ball and colour wheel as well as tactile sensory objects. This was purchased with the funds raised over the past year.

For the main, Roberts unit fundraiser this year is a raffle of a current 2008 team signed and framed Collingwood jumper. Tickets are \$2.00 each and all money raised will be used for the Roberts unit. Please come in and buy your tickets. You don't have to be a Collingwood supporter to try your luck. It would make a great gift for someone. The raffle will be drawn in late August and we have arranged for a former Collingwood player and movie celebrity from the movie "The Club" to come and present the prize to the winner on 22 August 2008 at our football afternoon tea.

The concreters have been here for the last few weeks laying the pathways all around the backyard while dodging the rain. Now we won't get cold feet going for a walk! They have made all

areas of the garden reachable. The bus shelter was donated by the Whittlesea Council and has been erected and as soon as possible the bus stops signs will go up as well. Please come in and see the interactive boards that Peter in Maintenance has created, along with the rainbow wall hangings. The whole unit has brightened up.

The plans for planting a sensory garden are also underway, and after discussion with the local Lions Club, we are hoping to receive assistance with a beautiful water fountain and planting of the surrounding areas. We would like to thank David Cordell from the Lions Club for his advice and for being so helpful. The Whittlesea College have also offered assistance with the garden from the horticultural students next door.

Deborah has been busy meeting with many local and larger businesses to find ways to access many of the pieces of equipment we are using for sensory stimulation. We would like to thank Modern Housewares and Foodworks in Whittlesea for their donations towards fundraising. Mitre 10 at South Morang also donated hardware that was used for the activity boards in Roberts unit. We would like to thank them for their generosity. Thank you Deborah for being innovative at networking and fundraising ideas which has contributed to the actions mentioned above.

Sunlight received fantastic feedback after the dinner dance and we would like to thank the many staff and volunteers that happily gave of their time in preparation and attending in the evening to make the night a success.

*Amanda Roks
Clinical Services Manager*

I could have danced all night ...

What a night it was!

Family, residents, and staff waltzed the night away to sounds of melody at our first dinner dance. But first, roses for the men's lapels, corsages for the ladies dresses and dance cards were given to all.

Tables decorated with pink rose centrepieces and helium balloons floating above the dance floor completed the scene. Ladies in long flowing dresses, after 5 wear or Sunday best, danced the night away with gentlemen in suits and ties.



Some residents danced in wheelchairs, others on walking frames trusted the caring family and staff for "I must have a dance, it brings back such lovely memories", "It feels so wonderful to be able to dance again", "I remember the time we went to the town hall..."



Those who chose to watch were observed toe tapping to the music and stated "Its been wonderful, so wonderful to be here tonight".

The night ended with a lovely supper amidst cries of "when's the next one". Residents have decided they would like a bush dance in December. So hope to see you all there.

All this could not have been possible without the dedication and support from care staff and families. To the people who volunteered their time and resources, I wish to thank you on behalf of the residents, you are truly amazing people.

Other highlights at Sunlight have been: A trip to Werribee Zoo, visit to the Sports Museum, In-house Anzac Day service, concerts, Queens visit for knighting and honours for services given and last but not least, the beautiful wedding fashion parade.

Till next time - share a smile and laugh lots.

Cheers from the Lifestyle Team.

Yvonne, Simone & Sandy



TEAM MEMBER AWARDS

Congratulations to staff who received Team Member of the Month Awards during April, May & June 2008.

Homewood

April: Jan Short
Debbie Moss

May: Wanda Jankowiak
Ana-Maria Wieckowski

June: Margaret Ould
Casey Filiadis

Marina

April: Jacob Madden
Theresa Melki
Nu Zinca

May: Ann Short

June: Moelagi Alama

Sunlight

April: Tanya Fairbrother
Kim Suttie
Eliza Cruz

May: Simone Thomason

June: Yvonne Gates
Donna Bradford
Donna Stead

The Belmont

April: Samantha Schreiber
Sue Washington

May: Margaret Lee

June: Maria De Stefano

The Homestead

April: Louise Randone
Patricia McKee

May: Judi Oliva
Rebecca Ridgeway

June: Janette Kirwood

Homestead Lakes

April: Dianne Leighton

May: Megan Holmes

June: Lauren Seach

Noble Gardens

April: Vera Mari
Cath Gemmel-Dyer

May: Claudia Pacillo
Mina Kadiric-Sumic

June: Chitra Gunawardana
Shirley Van Dort

Noble Manor

April: Preveena Narayan
Kerrin Beecher

May: Allyson Bennett

June: Maggie Tabary-Minto



SUPPORT CENTRE

Staff Profile

Lil Radojcic - Purchasing Co-ordinator

- Nickname:** No nicknames as such, however once had a supplier call my boss saying "Get your bulldog off me!"
- Position at TLC:** Purchasing Co-ordinator
- Began working at TLC:** 9 May 2005
- Siblings:** Growing up with 5 brothers (no sisters) had its challenges, but they spoilt me. I never had to mow the lawns and got to be a pretty good pool player!
- Currently reading:** "A New Earth" by Eckhart Tolle. Oprah says its a must read!
- Dream destination:** Maldives... sun beauty and peace in paradise, but I'm saving this trip for my honeymoon!
- Favourite meal:** FOOD
- I can't stand it when:** people are dishonest. No matter what the circumstances, I believe that the truth is always like music to the ears. Unlike Tom Cruise - I can handle the truth.
- A typical Sunday:** Spend Sundays with Mum. Relaxing over (take away) lunch, glass of wine and playing cards.
- Now I:** have spent time working at The Belmont, I have wonderful memories of time spent with the caring staff and the gorgeous residents.
- Most valuable advice ever received:** Always be the best you can
- If I had a dinner party:** I would invite God. I doubt he drinks so there would be more wine for me, and I would love to chat on the mysteries of life and beyond. I would also invite Toni Donia as she would stay sober and would stay silent whilst taking minutes.
- I always get in trouble for:** Laughing! Although I have now learnt to laugh on the inside. In my younger days at home and school I was always in the naughty chair for laughing.



Forest Lodge

For those of you who read the newsletter regularly, you will have been seeing the development of our new home in Frankston North, Forest Lodge. The photos of course tell the story but I thought it would be good to add some words as well.

Today I visited Forest Lodge and was amazed how quickly it has been built. We are now seeing shutters and curtains being placed on the windows and some lovely colours painted on the walls.



Planning meetings are now taking place weekly, staff are being recruited and the waiting list is growing with residents who would like to come and live at Forest Lodge. I would like to take this opportunity to thank a few people who have assisted in ensuring a smooth transition for those residents and staff moving from Milpara Park Hostel to Forest Lodge - particularly staff from Frankston City Council and Milpara Park, who have been incredibly supportive of the project, and of course all the TLC staff who have worked so hard to ensure that not only is the building finished on time but that it is equipped as well, with everything that is required to ensure our residents get the best care possible.



So, with only a little less than four weeks to go, we are all very excited about opening Forest Lodge on 4 August 2008. I look forward to visiting again soon, especially as I will be able to say hello to staff and residents then.

Ingrid Williams

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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
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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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