

Striding into 2009

Welcome to 2009. I trust you had a lovely Christmas and Happy New Year and that 2009 brings you happiness and success in all that you do.

We are very excited about an upcoming "Years of Service Award Ceremony" which is planned for 11 & 12 February 2009. Staff who have worked for TLC Aged Care for more than 6 years will be acknowledged for their years of service with a certificate and gift. The ceremony will provide an opportunity for formal recognition of staff and a chance to chat with friends and colleagues. This is the first time TLC Aged Care has held this kind of ceremony so we are very pleased that Jenny Leaper's idea is coming to fruition.

Noble Manor second stage of building continues without a hitch and is due for completion in April 2009. Once completed there will be 160 beds, providing low, high and dementia care.

I previously mentioned that TLC Aged Care staff were progressing towards wearing a corporate uniform. After much planning and consultation with staff, we have finalised a uniform and implementation has commenced and staff have started to purchase the uniform.

It is wonderful to see the staff in uniforms, they look great. I have received some great feedback from the staff when I visit the homes, about how great they are to wear.



Sunlight staff wearing their new uniforms

Some of you may be aware that Oxfam Australia has a fundraising walk each year. This year a TLC Aged Care team has entered. The team comprises Jenny Leaper (owner & Director), Ingrid Williams (CEO), Tim Humphries (Executive Finance) and Damien Hellard (Executive Human Resources). We are all required to walk the full distance of 100km. The walk is on the last weekend of March and we are well into the training. We have also made great headway into our fundraising efforts. We have committed to raising \$5,000.

I look forward to talking with you again next time, take care.

Ingrid Williams
Chief Executive Officer



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HOMESTEAD ESTATE

The Combined Newsletter Section for The Homestead & Homestead Lakes

Summer loving

Happy New Year to everyone.

2008 was a very busy year at both sites, Homestead Lakes being successful in achieving 44 out of 44 outcomes for accreditation for the next 3 years, and both sites having successful support visits from the agency throughout the year.

Christmas celebrations were enjoyed by all the residents, families and staff. Many thanks to all our staff who assisted in making the parties such happy ones to remember.

If any residents, families and staff have any ideas for continuous improvement, please submit them on a yellow best practice form. Forms are located in the front entrance at both sites.

Just a reminder for all residents and families to please check the lost property cupboards. Please remember to name all articles of clothing, especially new ones that may have been given as Christmas presents.

The Homestead

The Homestead is in the process of preparing for accreditation which will take place in April 2009. Auditors from the Accreditation Agency will be onsite to speak with residents, families and staff.

A sail shade has been installed in the Florence garden area to enable the residents to enjoy the outdoors in the summer months.

The Florence exit doors to the hearth area have been painted with a beautiful beach scene with children palying in the foreground, which is giving residents much enjoyment.

Homestead Lakes

Congratulations to Belinda Dunstan who married Gerard Morrissy on Saturday, 14 November 2008 in East Geelong. We all wish them a very happy life together.

*Fran Durham
Clinical Services Manager*

Congratulations to Team Members of the Month

Homestead Lakes

- ♥ October - Wendy Andrew (PCW)
- ♥ November - Taf Rutsate (PCW)
- ♥ December - Debbie Seabert (PCW)

The Homestead

- ♥ October - Pia Croft (Div 2)
- ♥ November - Lisa Tregenza (PCW/Lifestyle)
- ♥ December - Glyn Craig (Maintenance)

Congratulations to Residents of the Month

Homestead Lakes

- ♥ October - Elizabeth Sutherland
- ♥ November - Violet Clark
- ♥ December - Margaret Benbow

news@homesteadestate

Drawings & memories

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

Homestead Lakes

- ♡ Sophie Breese (PCW)
- ♡ Margaret Underwood (PCW)
- ♡ Amy Rutherford (PCW)

Congratulations to Sophie, Margaret and Amy who have successfully graduated as RN Div 1s and are leaving Homestead Lakes to complete their graduate year.

We wish them all the best for the future and thank them for their friendship and the great care they have given to all the residents.

Welcome to the Team The Homestead

- ♡ Stacey Hogan (Div 2)
- ♡ Jessica Cockerell (PCW)
- ♡ Maureen Hobson (PCW)
- ♡ Kate Uren (PCW)

Congratulations to the winners of the The Homestead Christmas hamper

- ♡ John Shiners & Joan Stephenson

Homestead Lakes resident, David Bell, has produced a variety of art work depicting old country hotels from the country homes and buildings which are scattered around Victoria from the late 1800s to the early 1900s.





HOMESTEAD ESTATE

lifestyle@homesteadestate

Party, party, party

We had a Ghoulish Gathering for Halloween with staff dressing up in costume. Scary-looking food was also made for those brave enough to try some.

We celebrated both Melbourne & Geelong Cup Days with lots of sweeps, horse race games, a hat parade, and history and facts about the Cup.

Residents had a fun-filled day at the Homestead Lakes very own Show Day. They enjoyed show games in side show alley, show food, and a showbag given out at lunch as well as a Show Day Quiz.

We were fortunate enough to have a resident's family bring many spectacular quilts in for our viewing. We learned a lot about the history of quilting.



Our residents had the opportunity to go out on evening bus trips to tour some of the Christmas lights that were entered into the Geelong Advertiser Christmas lights competition.

Students from Wallington Primary School came for their final visit for the year. Father Christmas presented each resident with a card that the students had made.



Henry and Chubby (Xmas dogs) came in with their owner Allison (staff member) to visit all the residents. Great fun was had by all.



The Homestead Lakes Christmas celebrations began with our entertainment. It was uplifting to hear everyone sing along to the festive beat. Father Christmas and his little helper Harry, greeted everyone and distributed gifts with Christmas cheer. A wonderful Christmas spread was provided to finish off the festivities.

Lifestyle Team



HOMESTEAD ESTATE

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In training

Physiotherapy Update - The Homestead

Our gym room has now been operating for six months and is proving to be a great asset to The Homestead residents. The attendance has been overwhelming. Individual fitness levels are being maintained with improvement to some in strength, balance and stamina. The gym room has also become quite a popular meeting place for a chat before and after exercise.

All residents who participated in the gym sessions in the last six months have been awarded a Certificate of Attendance and congratulated on their outstanding efforts.

Thank you to all residents for their support and encouragement in making our gym room a success and also thank you to the staff who have assisted residents to attend gym sessions promptly.

Looking forward to a fantastic, fit and fun 2009.

*Carol
Physio Assistant*





THE BELMONT

It's been a good year

Hello to everyone

Well how quickly time goes by ... Christmas time has been and gone and we are into the new year already. We all enjoyed the spirit of the festive season at The Belmont and enjoyed the Christmas party held on 12 December 2008. The residents and staff celebrated by having John Goodyear to entertain us all. We then had a lovely afternoon tea party - sausage rolls, sandwiches, and white Christmas slice and cake, all prepared by Mary our Chef.

Happy hours are always a great hit on a Friday and the entertainment is always enjoyed by those who attend.

Since the last newsletter, many activities, outings, and theme days have occurred. Going for a drive has been occurring at least once a week. Bingo continues to be popular as well as Sue and Irene's exercise classes (Hokey Pokey dances) which are held at least three times a week.

Mavis Quarrell often comes to entertain residents with her Cabaret Showbiz live stage show. Ben Costanzo has visited with his piano accordion several times and his visits are thoroughly enjoyed by everyone. Jenny Stevens plays her guitar and sings popular songs and John Egan and Friends, along with Mike McCoy, drop in regularly to entertain us and are always welcome at The Belmont because they all bring great joy.

As the CSM I always enjoy an informal get together once a month with all the residents at our "have a chat and cuppa" morning tea.

The last time we got together the residents told me about the type of jobs they had retired from which was very interesting and gave me good insight into the interests and special areas of expertise and knowledge of our residents, not to mention many fond memories.

Baby Club is continuing and art therapy has a calming influence. Alistair Henderson is always popular in Duggan and mainstream when he entertains the residents at meal times with his keyboard playing. He is greatly appreciated by the staff and residents, and certainly adds an "air of flair" to The Belmont with his musical talent. The residents can't seem to get enough of Alistair!

We were lucky to have a fantastic piano donated and it is played by everyone with a musical flair. The sound of the piano fills the air, ensuring a very homely sound and is certainly a great asset to The Belmont.

We have celebrated many birthdays - our oldest resident turned 102 in December. Congratulations to Mrs Sarah Pope. We also had many other successful, special celebrations in 2008. We all look forward to 2009 and hope that we have as much fun, if not more, this year.

The residents and staff wish everyone a happy new year, and look forward to 2009.

Bye for now.

Lynette Herrin
Clinical Services Manager

lifestyle@thebelmont

That's entertainment

Christmas and New Year was a busy time of year for Lifestyle and residents at The Belmont in 2008. Happy Hour continued with various entertainers each week.

We had a large resident and staff Christmas party on 12 December 2008 with a great turnout.



2009 will see many more Friday Happy Hours, with people such as "Showbiz", Mike McCoy and Jenny Stephens entertaining us.

We compiled a survey late last year, which looked at the interests of the residents, and what they would like to see happening in 2009. From these results we are including in our program BBQ's, fish & chip meals, a return of the Dutch Clog Dancers, Coffee Club, Reminiscing Group, weekly bus trips, and Movie Club.

Ongoing activities will include Buckley's Morning Melodies, Bingo, Exercise with Oberon Primary & Sue Washington and Delta Dog visits.

We have already booked the Dutch Clog Dancers, as they were so popular, and have started our Reminiscing Group just this week, with a great turnout. We look forward to seeing it continue.

The Duggan unit will continue with its successful activities, which include doll & pet therapy, music therapy at least twice a week, art & craft, cooking and our new group morning tea, where residents help organise drinks and food followed by the washing up! New to the dementia unit will be monthly BBQ's and group chats, and reading sessions with white board.

Here's hoping for great times and to making new friends in our residence through the many activities run throughout the year.

Jane Mills
Lifestyle Co-ordinator



MARINA

Seeing in the new year

Christmas/New Year is a very busy period for all and hopefully also a joyful time. It has been a very special time at Marina, lots of singing, lots of laughter, lots of good times. It has been delightful to hear the many joyous conversations happening in the halls and the laughter of residents, visitors and staff. The atmosphere has been wonderful. All thanks to our lifestyle team who worked tirelessly through December to ensure our residents had a great time.

Much to Sharon's amusement (our Lifestyle Co-ordinator), the Admin team decided that Marina needed to conduct an afternoon New Year's Eve party. Admin were full of great ideas which they freely shared with Sharon. It was a combination of Happy Hour, a sing-a-long and an afternoon feast. Sharon took the idea on board, booked the entertainer, and organised the afternoon tea. Maintenance assisted with the setting up of our Atlantis dining room for this inaugural event. Care staff assisted those residents who wished to attend. I am sure the families who also attended would agree that it was a very successful afternoon. Again, many thanks to all staff who helped in any way on the day. Without everyone putting in that extra bit, the event would not have been nearly as successful. We hope that Sharon will decide to make this an annual event.

Apart from the festivities, it was also a time when Marina decided to trial their new menu and so I have been conducting a weekly meeting with the residents to obtain their feedback and I am pleased to say that it has been very positive. A few minor changes have been made, but all in all, it seems to be a success.

Our Food Focus meetings are held once a month on a Monday at 10.30 am.

The actual dates are on the resident lifestyle calendar and if you wish to attend you would be most welcome.

We also have our resident support group meetings on the last Tuesday of each month at 10.30 am, and again, I offer you an invitation to attend at any time.

The renovations in our dementia unit were completed just prior to Christmas, the colour scheme is quite different and looks great with the new floor covering and the murals on the doors make an interesting addition.

Thanks to all staff who kept the unit running smoothly through the upheavals caused during the renovations - a major task but completed competently and without a fuss. Thank you.

I would like to welcome all the new employees who have joined the Marina team and wish them well.

Finally, I wish everyone a happy New Year and look forward to seeing you all at some time during 2009.

Jane Elliott
Clinical Services Manager

Congratulations to Team Members of the month

October

♡ Christine Kiely

November

♡ Emma Hilderbrand, Penny Davey

December

♡ Maria La Palma

lifestyle@marina

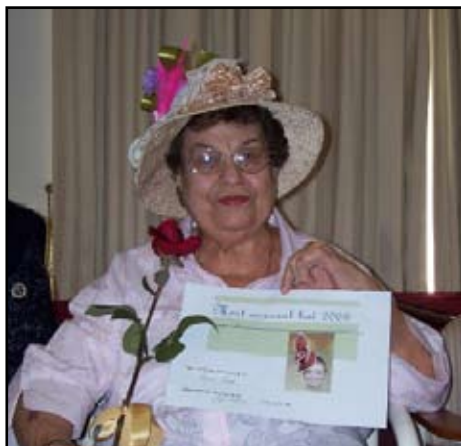
Standing room only

A very special welcome to our new residents and their families. And a very special welcome to everyone for 2009.

It was standing room only for our annual carols by candlelight evening. Our residents were in fine voice. A special mention of thanks to Marie Willaton, Gracia Gallardo and Frank Williams for their contribution.

Christmas at Marina as always was a busy time with decorating, parties, church services, and entertainment. Some of our residents also took the opportunity to visit a local church, reflect, and enjoy the displays depicting the path to Bethlehem. They managed to really get into the spirit of things. Some of us did have reservations about the angel!

Spring Carnival was enjoyed by the residents with their handmade hats being paraded, followed by a games afternoon, and as we can see from the photos, winners are grinners.



Our family day was fantastic with lots of residents and family members enjoying themselves - there were many highlights of the day - craft, fairy floss, spinning wheel, sausage sizzle (thanks Ben for helping out) and of course the unforgettable belly dancers. The parties seemed to keep coming at Marina this year, so it was decided that we would go out with a bang - having an end of year party which was celebrated with singing, happy hour, party food, whistle blowers, and much frivolity.

But we couldn't top our resident, Olive Clifton, who celebrated her 102nd birthday, Happy Birthday Olive.

Our residents have also experienced their usual activities of happy hour, exercise, tai-chi, rosary, craft, reminiscence, quiz, sing-a-long, aqua aerobics, McDonalds, church, concerts, movies, outings, cooking, playgroup, shopping, and bingo. We look forward to 2009 with much anticipation and excitement, witty new and innovative activities.

A big congratulations to our reflexologist, Jo, on the birth of her beautiful daughter Audrey. Jacob, our physio aide, has baby number 3 on the way, due in February - congratulations in anticipation!

Until next time

*"This year's success was
last year's impossibility"*

Sharon Oats
Lifestyle Co-ordinator



THE NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

Singing & dancing

Well Christmas is behind us and I see that Easter eggs are already on the shelves! I have now been working at Noble Estate for six months and really enjoying being here.

We had a wonderful Christmas party at both facilities with entertainers to sing whilst the residents enjoyed nibbles and drinks. Santa arrived and gave presents and loved seeing the smiles on everyone's face.

During the year we have had a number of truly great events. We have the Cook Island Multicultural play group in every Thursday at Noble Manor, and it is great to see little children mixing with the elderly. The children sing and the residents join in with the Hokey Pokey and other delightful songs. Shy little children's hands are now reaching out to touch the residents. The Cook Islander people have also brought a richness to Noble Manor through their singing and have visited many times. At Christmas they put on a beautiful Carols night which the residents really loved.

Some residents at Noble Estate have also been participating in a fun art class which culminated in an Art Show, where their art was displayed for several days, and then finished with a special prize-giving afternoon. The residents enjoyed champagne and nibbles, and of course, the pleasure in seeing their art displayed.

We have formed a dance class in Kensington (dementia) unit and the staff join in with wiggling their hips and the residents do the dancing in a seated position. There is lots of giggling and laughter!

At Noble Gardens our men and ladies special morning teas are very popular and encourage the residents to chat about their life, the war

days and about how things have changed.

The music program at Noble Gardens also remains a feature with a regular pianist visiting and now several staff playing their guitars. Residents enjoy singalong or simply listening. Toes are tapping!

We have a new staff member, Georgia, who is keen to revive the Gardening Club. Many residents are enthusiastically assisting her with ideas. It will be great to have residents joining in and getting a bit of sunshine at the same time.

Noble Manor is undergoing a second stage of building and is fully underway. The roof and floors are down and the walls are going up as we speak. I have been amazed at the quick progress and all seems to be going according to plan. There really hasn't been that much disturbance to staff or residents and I would like to thank those residents who have willingly moved room during this time.

*Jennifer Garrard
Clinical Services Manager*



Damien Hellard (Executive Human Resources) and Felix Pintado (Board member) enjoying the Christmas Party

news@thenobleestate

Festive Frolics

Residents, family and staff of the Noble Estate said farewell to 2008 in festive ways. The Christmas parties, complete with visits from Father Christmas bearing gifts for all, fabulous entertainers and wonderful food were enjoyed by all. Alistair Henderson, Business Development Manager, presented the TLC Christmas carol evenings by twilight and many joined in the joyful singing.

Just before Christmas, Noble Manor residents sauntered along Frankston Pier or fed seagulls before being driven around to view spectacular Christmas light displays around Frankston, Keysborough and Noble Park. Demand for this night time activity was so high among our adventurous and young-at-heart residents, that next year we think we should hire a full sized coach.



Noble Manor and Noble Gardens were both host to a wonderful group of international students in the last few months and we thank them and all our other wonderful volunteers for their valued contributions in holding church services, bingo, Cook Island Playgroup in Noble Manor, knitting at Noble Gardens, and so much more.



So now our thoughts turn to 2009 and all the interesting programs we can offer our residents. Noble Park is one of the most multicultural suburbs in Australia. On 13 January we have a special celebration at both homes for Chinese New Year with authentic Chinese dancing, Chinese horoscopes, fortune cookies, lucky red envelopes to give to children, and more. And of course we have Australia Day celebrations coming up just prior to the public holiday on 26 January.

So best wishes for a happy new year everyone from the Lifestyle Department at Noble Estate.

Penny Anderson
Lifestyle Co-ordinator



HOMEWOOD

Happenings

Hello Again

I hope you had a very festive season filled with good times, family and friends!

Rewinding back to the year that was 2008, Homewood has had a number of events which have brought much joy.

We welcomed new residents to our home, new staff to our team, and look forward to continuing the amazing atmosphere and a wonderful home environment at Homewood throughout 2009.

The Christmas period showed off our decorator design skills with no area immune from the Christmas trees, Santa’s stockings and decorations that adorned each wall.

We celebrated our Resident Christmas party on 17 December 2008 and it was a party enjoyed by all. Thank you to the lifestyle team for arranging a great afternoon and Vision Catering for providing decadent platters for everyone. Also thank you to our special guests Jenny Leaper and Robert Livy, for sharing the afternoon with us.

Uniforms were introduced in December 2008 and we have received positive feedback from staff, residents, and visitors. It’s great to see the team in fabulous colours and easily recognisable.

A special acknowledgement to all Homewood residents, staff, visitors, my colleagues who manage the other TLC homes, and Maree McCabe, who have made my first year as Homewood’s Clinical Services Manager such an enjoyable one.

I strive to lead a team in providing excellent care and its inspirational to have all your support in doing so. Thank you.

Residents, don’t forget our very own “Homewood Happenings” is available at reception with a new edition printed each month. This is a great snapshot of activities for the month, outings, stories, recipes and puzzles.

I would like to take this opportunity to extend my thoughts to all those who may be unwell at this time. Myself and the team at Homewood wish you a speedy recovery.

Take care.

*Nancy Oosterhof
Clinical Services Manager*

Congratulations to Team Members of the Month

October

♡ Jacqueline Robinson

♡ Debbie Moss

November

♡ Luke Williams

♡ Jennie Kellow

December

♡ Patricia Lanksch

♡ Zovada Khan

Out & about

It is hard to believe that Christmas has come and gone and 2008 is over. Welcome to a new year which I am sure will be filled with fun, laughter, and lots to keep us busy as we were in 2008.

Over the last couple of months we have been very busy with activities in the facility, getting ready for Christmas. In November we had a Melbourne Cup Sweep and a hat parade was organised for the residents which everyone enjoyed. We also welcomed a new team member, Amanda Bell, who has settled in well and been welcomed by residents and staff.

December proved very busy as expected with lots of lovely outings, Christmas decoration making, Christmas tree decorating, Christmas chocolate making and eating, Christmas carols with Alistair Henderson, and a very busy but fun residents' Christmas party, with a visit from Santa.

A group of ladies enjoyed a wonderful performance of Alice In Wonderland Jnr performed by Masquerade Performing Arts at the Cranbourne Community Theatre. The children performed so well and the costumes were so colourful. Unfortunately we were not permitted to take photos of the performance but have a lovely photo of the ladies together before we left.

The sun was just beautiful when we came out of the theatre.



Another group of residents enjoyed a return trip to the Emu Farm at Garfield to see the newly born baby emus. The residents thoroughly enjoyed seeing the babies as did the staff and we all had a lovely morning.



Other outings included a wonderful picnic morning tea at Emerald Lake, where one of our residents was able to hold a baby duck as you can see in the photo, Leila was thrilled.



A pleasant trip to Frankston beach was also enjoyed. The morning was a bit overcast but still very nice for a walk to the pier.

Our residents have been enjoying our International themed days, with a different country celebrated each month. The facility is decorated in colours of the country we are celebrating, a themed afternoon tea is provided, and a DVD played to celebrate their entertainers. So far we have enjoyed Pavarotti for Italian Day, Andre Rieu for Dutch Day, and Doris Day in Calamity Jane for American Day. We all look forward to celebrating different countries in 2009.

We have joined with Noble Manor to attend Morning Melodies once a month at the Waltzing Matilda hotel in Springvale. We enjoy a lovely morning tea, a show and then a three course lunch. The Christmas session in December was wonderful and everyone was in the spirit of Christmas.

We held our very first Market Day which went very well and a fun afternoon was had by all. Some lovely gifts for Christmas were purchased by residents, visitors and staff. We hope to be able to have another one sometime this year which should be bigger and better.

I hope everyone had a lovely Christmas and a restful New Year. We look forward to a happy and busy 2009.

Debbie Moss
Lifestyle Co-ordinator



Greetings from sunny Sunlight

Once again a year has come to an end and the time of festivities has passed. We hope everyone had a happy and healthy Christmas and didn't eat too much turkey and chocolate. With the new year celebrations closely following, I think all of us will be ready for a few quiet weeks before school term starts again.

Everyone should be thinking about their New Year resolutions, not that they last for very long, but it's lovely to start the year afresh with new ideas and plans for the forthcoming 12 months.

Here at Sunlight we have been busy. We had a support visit from The Agency late in December 2008 and they were happy with everything they reviewed. They provided some very positive feedback about the staff and the care shown to the residents.

On a sad note, Deborah Wheatley, one of our Team Leaders who has worked here from the day Sunlight opened, has relocated with her family to Mount Gambier in South Australia. Deborah was one of the staff who took part in the fundraising in the Roberts unit which resulted in the Snoozlyn room being set up and the fountain being purchased. She will be sadly missed but perhaps we will be hounded less to buy raffle tickets.

Peter, our maintenance man, is busy preparing the site for the fountain in the Roberts unit. This was bought with the proceeds from the Collingwood Guernsey raffle held last September. The fountain is a spectacular two tier cast iron design on a tall pedestal with a two metre pond. This will set off the gardens beautifully and help create a peaceful haven for the residents and families to enjoy. So Pete, hurry up and get it in place!

Visitors to Sunlight will notice a change in the look of the staff in the last few weeks. TLC has introduced uniforms for all staff. As the uniforms arrive we are seeing staff in lovely pink or green or white shirts. Feedback from staff has been very positive about their new look.

We were sad to lose two of our long time residents who passed away recently. They will be sadly missed and we would like to express our condolences to their family and friends.

We would like to wish everyone a happy and healthy New Year.

*Amanda Roks
Clinical Services Manager*

Congratulations to Team Members of the Month

October

♥ Margaret White

November

♥ Estelita Bao

December

♥ Simone Thomason

lifestyle@sunlight

2008 memories

Sunlight welcomes 2009 with a happy cheerio to 2008.

Sunlight residents have some wonderful, happy memories of 2008. Memories of people we have loved and farewelled, new friendships that were formed and old friendships that stay precious.

Memories of laughter and fun times. Among them are: The Wedding Parade, Dinner Dance, Motorbike Club, Circus Dogs, Dancing Groups, Culture Days (the favourite being the Queen's Birthday celebration with a visit from Sunlight's Majesty), outings, concerts, precious community visits, Surprise Celebrity Visit, and viewing the Christmas lights.

Oh, and we must not forget Sunlight's very own Santa, who added that extra special touch to the family and friends Christmas party. Sunlight would like to share with you our captured memories for 2008.





FOREST LODGE

First Christmas

'Twas the night before Christmas and all through the house not a creature was stirring, not even a mouse!

Our first Christmas at Forest Lodge. A time for excitement, time to make new traditions as well as new friends. Lots of family and friends came to visit and many residents had a welcome break with family.

Father Christmas found time to call at our first carol night on 15 December 2008 with the scouts from the North Frankston Scout Group, giving all the residents and staff a small gift. Our thanks to Alistair Henderson for playing the keyboard and to Bruce Twaddell for so ably leading the singing. A great night, enjoyed by all.

Our first Christmas party was held during the afternoon of 18 December 2008. Again, Father Christmas called and a happy afternoon was had by all. On Christmas Day all the residents received a lovely gift of perfume with the compliments of our pharmacy friends at My Chemist, Bayside.

We are now in our sixth month of operation and have expanded into 3 units. Daintree, Mahogany and Sherbrooke. We continue to welcome new residents every week with the total now being 82. Visitors requiring assistance can talk easily with staff caring for their family member at the appropriate nurses station. Our lounges and living areas are busy with happy, active residents as they settle into a new phase of their lives.

Most of you will have now met our new Receptionist, Karen Bond, who joined us in November 2008. She comes to us with many years of experience in aged care.

Our staff numbers have increased and we welcome all staff who have recently joined the Forest Lodge team.

The outdoor courtyards are looking great with new outdoor furniture and large umbrellas. The residents have been enjoying barbeque lunches in these areas and can safely sit outdoors and enjoy the sun without the risk of burning.

Our two budgies have been relocated to a splendid new cage donated by the family of Joyce Backholer and continue to enjoy the company of the residents as they sit in the kiosk area.

Over the last few weeks our underground water tanks have filled and we have switched to use the recycled water. Our garden areas are thriving with the use of this water.

We have now distributed our annual resident survey and would welcome your comments on how you have settled into the home and other ways we can help you.

I would like to thank all our staff for their hard work in providing a safe and happy environment for all the residents at Forest Lodge and I wish you all a happy New Year.

*Evelyn Hamilton
Clinical Services Manager*





Christmas treat

Welcome to exciting times at Forest Lodge. We are only new but we are having a fabulous time and lots of fun.

December 2008 was a busy time with our preparations for our first Christmas in our new home. Many residents made some decorations that were used around the facility, they also created some small Christmas stockings were created by the residents. All families who visited the facility, were amazed at the wonderful decorations and the effort staff and residents had put into the festivities.



Our Christmas party was enjoyed by the residents and their guests. We also welcomed Jenny Leaper and Maree McCabe and there was a surprise visit from Father Christmas. A group of our residents were very busy for the previous few weeks rehearsing an item to present at the Christmas party.



The Sherbrooke wing was a wonderful delight with the large musical merry go round located in the dining room. The Mahogany and Daintree wings had a large amount of tinsel, so much so, you could hardly see the tree. The residents had a wonderful time decorating the tree.

Alistair Henderson visited us for a carols evening and this was a highly successful occasion that was enjoyed by everyone. The 1st Frankston North Scouts also joined us and sang a song, chatted with the residents and had supper with us.



We are looking forward to another busy year in the lifestyle department with outings and visits by community groups and choirs.

Until next time

Janet Walton
Lifestyle Co-ordinator





TLC JOKES

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband" "98", she replied, "Two years older than me" "So your're 96" the undertaker commented. She responded, "Hardly worth going home, is it?"

Reporters interviewing a 104 year old woman: "And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure".

Three old guys are out walking. First one says, "Windy, isn't it?"
Second one says, "No, it's Thursday!"
Third one says, "So am I. Let's go get a beer".

It's scary when you start making the same noises as your coffee maker.

I've sure gotten old!
I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia, Have poor circulation, hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92, Have lost all my friends, But, thank God, I still have my driver's license.

My memory's not as sharp as it used to be.
Also, my memory's not as sharp as it used to be.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was over.

A man was telling his neighbour, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect." "Really," answered the neighbour. "What kind is it?" "Twelve thirty", he replied.



SUPPORT CENTRE

Staff profile

Peter Duggan - Executive Properties

Full Name: Peter James Duggan

Nickname: "Duggan"

Position at TLC: Executive Properties

Began working at TLC: October 1991

Siblings: Jenny, Tony, Judy & Helen (I'm the eldest)

Currently reading: RACV magazine

Dream destination: Torres Strait

Favourite meal: Prawn cutlets, dim sims

I can't stand it when: I can't eliminate rattles in my car

Favourite movies/last movie I saw: Blazing Saddles, Dirty Rotten Scoundrels

Bad habits: Biting my nails

Most embarrassing moment: Not having enough cash to pay a dinner bill in Koh Samui

Most valuable advice ever received: Keep my mouth shut and my ears open

I don't leave home without: Money in my wallet

Most people don't know: I lived in Papua New Guinea for nearly 15 years

If I had a dinner party & could invite 3 people: My wife Susan, & my Mum & Dad (both deceased)



Noble Manor stage 2

For those of you who have been with TLC Aged Care for a while you will have seen our steady growth over a number of years. There have been many wonderful achievements with regards this and our ability to provide residential aged care to the community has been fantastic. We are now in the process of increasing the number of beds we have to offer at Noble Manor. Stage 2 building has commenced, as you are aware, and an additional 48 beds will be available in May this year, making a total of 160 beds.

The residents are really enjoying watching the activity and seeing the building progress. Aged Care Developments, the company that build our homes for us, are doing a great job and have always made sure our building projects go smoothly. Here are some photos to show how things are progressing.



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
Forest Lodge	23 Forest Drive, Frankston North, Victoria, 3220	9773 5888

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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