

## Walking the Walk

Hello everyone

### Vision and Values

Some of you may have been involved in providing us with feedback regarding the TLC Aged Care Vision and Values. We have now had the opportunity to look at all the feedback and have analysed the results. Consequently we will be changing the Vision and Values, and we see this as an exciting opportunity to ensure that the residents, staff and families feel more in touch and better informed about the values of the organisation.

What we noticed was that the most important values to those who responded were commitment, compassion, respect and honesty. We also believe that safety is an important component of what we do and we will include that.

### Team Member of the Year Award

As part of the Years of Service Ceremony held in February, I was pleased to announce that Penny Anderson, Lifestyle Co-ordinator of the Noble Estate, won Team Member of the Year 2008. Penny has been acknowledged by her colleagues for the great work she has done to enrich the lives of our residents. Penny was presented with a certificate and gift at the ceremony. Congratulations to Penny.

### The Oxfam Walk

As mentioned in my previous report, the TLC Walking Frames did the Oxfam Walk at the end of March 2009.

The team comprised Jenny Leaper (owner and Director), Ingrid Williams (CEO), Tim Humphries (Executive Finance) and Damien Hellard (Executive Human Resources).

I am very proud to say that we actually made it and all four of us walked 100km. We raised twice as much money as we had pledged to raise and you can read more about it further into this edition of the newsletter.

### Noble Manor Stage 2

Noble Manor second stage of building continues without a hitch and will open on Monday, 11 May 2009. Once completed there will be 160 beds, providing low, high and dementia care.

The devastation of the February bushfires has touched us all in some way. It was made all the more personal for TLC Aged Care as a number of our staff at Sunlight suffered significant losses. Our thoughts are with them during this difficult time of recovery.

I look forward to talking with you again next time.

Take care.

*Ingrid Williams*  
Chief Executive Officer



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**tlc** **HOMESTEAD ESTATE**  
AGED CARE

The Combined Newsletter Section for The Homestead & Homestead Lakes

# On the buses

## The Homestead Estate

The staff at both Homestead Lakes and The Homestead donated \$800 to the staff at our Sunlight facility in Whittlesea who were affected by the bushfires. We purchased 40 x \$20 Coles Myer gift vouchers and gave them to the Team Leader at Sunlight to hand out to the staff who lost their homes. Thank you to those who donated.

An Anzac Day service will be held at The Homestead on Friday, 24 April at 11.00 am. All residents, families, friends and staff are welcome to attend.

## The Homestead

Preparation is well underway for accreditation on 14 & 15 April 2009. Good luck to all the staff. They all work extremely hard to provide a high standard of care to all our residents.

We have a lovely new outdoor setting for the residents in Florence to enjoy, and staff are enjoying the two new double linen skips!

We have had visits from Alpha Dental and have Eye Care 2 You booked to visit the residents on Tuesday, 21 April 2009. Permission forms have been sent to each resident's family or POA.

## Homestead Lakes

Always busy - residents, families, friends, staff, delivery trucks, cars and motorbikes coming and going!

The autumn weather is just gorgeous at the moment with everyone enjoying the warm, sunny days and without the strong wind.

We thank our Resident, Lew Taylor, who donated some money which enabled us to purchase a TENS machine. It is an alternative pain management therapy device which is providing great benefit to residents with chronic pain. Our heartfelt thanks to the Taylor family for their generous donation.



Some landscaping works have been done in the Suffolk garden with some sleepers being removed to ensure safer walking areas and to reduce trip hazards. We have also cemented the bus shelter to make it a more pleasurable place for the residents to sit.

Till next time.

*Fran Durham*  
Clinical Services Manager

## Congratulations to Residents of the Month

### Homestead Lakes

- ♥ February - George Sutherland
- ♥ March - Freda Carollo

news@homesteadestate

# You say goodbye & I say hello

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

### Homestead Lakes

♡ Jan McPherson

### Congratulations to Team Members of the Month

#### Homestead Lakes

- ♡ January - Amanda Nicholson
- ♡ February - Vicky Parker & Pam Scopelliti
- ♡ March - Joan Mayall

#### The Homestead

- ♡ January - Kerry McCall
- ♡ February - Jessica McGuire
- ♡ March - Kathryn James

### Welcome to the Team

### The Homestead

- ♡ Jasmine Holyoake (PCW)
- ♡ Natalie Rewa-Morgan (PCW)
- ♡ Astrid Koencke (Div 2)
- ♡ Natalie Lont (PCW)
- ♡ Breanna Gustke ((Div 2)

### Homestead Lakes

- ♡ Belinda Hynson (RN Div 1 returning from maternity leave)
- ♡ Elise Dunstan (PCW)
- ♡ Jenny Chandler (PCW)





# HOMESTEAD ESTATE

[lifestyle@homesteadestate](mailto:lifestyle@homesteadestate)

## Out & about

### Lifestyle Update - Homestead Lakes

Our bowling competition with The Belmont continues with Homestead Lakes winning last month. Delta Dog visits are still enjoyed by all. We have two new entertainers, Ian Martin and Kevin Callinan, who are regulars here at Homestead Lakes.

A Relaxation Program has been introduced and residents are enjoying the new experience, as well as outings to Morning Melodies, coffee, and fish & chips in the park.

We are very fortunate to be surrounded by beautiful coast and country side. At a recent outing to Van Loon's Nursery, residents were able to view the new season with a magnificent colourful display of blooms.



### Physiotherapy Update - Homestead Lakes

A warm welcome to Sally Low who is the new Physiotherapist at Homestead Lakes. She is thoroughly enjoying meeting residents and working with me to assess residents and set individual goals depending on needs.



Falls prevention is constantly on our agenda with many individual residents' physiotherapy programs designed specifically around improving balance and strength in order to reduce their falls risk. Footwear, and more specifically inappropriate footwear, can be a contributing factor to residents having falls.

Thongs, slip ons, loafers and high heels are a big no no! A five minute drive to the specialty shoe shop in Ocean Grove is well worth it. They have an excellent range of suitable footwear and their staff are very helpful. With winter approaching, now might be a good time to firstly check the wardrobe, remove poor footwear, and if needed, buy a new pair.

### *Lifestyle Department*





# HOMESTEAD ESTATE

homesteadestate

## My Kokoda experience

My husband Alan and I decided we would like the ultimate challenge of trekking the Kokoda track. After much preparation and an intense 8 week training program, we were ready to face the 96km track.

With razor edge ridges, steep towering mountains, rainforests and jungles, the scenery was truly spectacular. Streams of cool clear water became a welcome relief as we endured the high humidity and heat.

At the end of our walking day it was with great relief to arrive at our village to rest and settle for the night before our 5am wake up call the next morning. With unpredictable weather we experienced rain and more rain making the challenge of the track treacherous with many slips, slides and falls.



Rivers were running higher than usual making river crossing more difficult. The porters were amazing with their planning and construction skills, each time a bridge was built from scratch to allow us to cross safely. Always their friendly and confident hand would go out, to guide and protect us. They were truly the Fuzzy Wuzzy Angels.

During our trek we found ourselves being immersed into the local cultures, the magnitude of the mountains and the Kokoda spirit of COURAGE, ENDURANCE, MATESHIP and SACRIFICE.

Thoughts of our young soldiers quickly turning into men to save our homeland became a daily emotion. How difficult for them to survive the weather conditions, the terrain with little food or shelter and the sheer terror of the enemy being so close. They were HEROES; we feel honoured to have walked in their footsteps and will be forever grateful.

I actually grew quite attached to my backpack, but did not come accustomed to putting on wet clothes every morning. But as the short time has passed since my return I would go back and do it all again. I can highly recommend it as a great experience, if you want to go outside your comfort zone, go for it. I now believe I can achieve and accomplish more than I thought possible. It was truly a lifetime experience.

As we often said on the track:

**“STAY STRONG LIKE BULL”**

*Carol Dell  
Physio Assistant  
The Homestead*





# THE BELMONT

## Happy 5th birthday



*Dr John Leaper, Ingrid Williams, Jenny Leaper, and Lynette Herrin celebrate The Belmont's 5th Birthday*

The Belmont has just turned five years old. Wow, what a great celebration we had! John & Jenny Leaper and Ingrid Williams came to help us all celebrate. All the residents were up early, family and friends arrived and we enjoyed some wonderful entertainment and a yummy morning tea.

John Leaper reminded us about the opening celebrations at The Belmont and the tight security that surrounded John Howard's visit on that day.

There are many residents who have been at The Belmont since it opened and all agree that it is a lovely place to call home. They too were able to recall some memories about the many celebrations during the past five years.

How fast time goes by ... already this year we have had many new activities, celebrations and happy hours. Our new lifestyle program and team are working hard to make every occasion special and add a little enjoyment to all our lives.

I would like to take this opportunity to thank all staff for their continuing hard work and dedication to making The Belmont a fantastic place to work and live.

A big welcome to all new staff.

Easter is upon us and I wish everyone a happy and safe holiday.

Until next TLC Times,

*Lynette Herrin  
Clinical Services Manager*

lifestyle@thebelmont

# Luck of the Irish

Hello from the Residents and Lifestyle team at The Belmont.

The place has begun to buzz with the excitement of upcoming events. One program we have begun planning is "The Year that Was", which is a reminiscing project with a twist. This program incorporates a focus on eras of time such as the 1920's, flapper dances and "All that Jazz". We will run a consecutive "This is your Life" program which will honour our residents born in a particular era and a personal scrapbook will be generated from this.

Other activities which we currently enjoy and will continue are arts and crafts, singalongs and bus outings.

On St Patrick's Day, our Irish population showed us some of their finer points of Irish dancing and a great time was had by all.



May I take this opportunity to say Happy 5th Birthday to The Belmont. We celebrated with a party which included singing and dancing, which put a smile on all our faces.

Of course the footy season has now started again "Go Geelong". Footy tipping is well underway.

We all look forward to many more happy memories being created here and to welcome visitors.

Bye for now.

*Alison Dubens  
Lifestyle Co-ordinator*

# A tribute to Sue

It is with sadness that I inform the extended families of Marina of the death earlier this year of our Pacific Team Leader, Sue Taylor. She returned from an interstate trip where she had visited some friends, feeling very unwell. After only one day back at work she spent the next month or so in hospital. Sue then went to a very special friend's place to recuperate, but unfortunately her situation deteriorated and she had to return to hospital. Sue was a vivacious lady, always ready to share a laugh and a story. Sue is sadly missed by the residents she cared for and staff that she worked with in a most professional, yet very caring way.

Marina is bubbling along as usual, some highs and some lows. The workload is continuous, especially at this time as we prepare for our major accreditation visit.

The maintenance guys along with City West Water are working steadily towards making Marina as water efficient as possible and the last reports show that we are on target with the aims and plans agreed upon with City West Water.

I would like to congratulate all my staff who have attained more than five years service with

TLC and trust they all enjoyed the night(s) put on by TLC to acknowledge their achievements.

Congratulations to Beryl Otieno and Prudence Stafford who have completed their studies and are now RN Div 1's.

I would like to remind everyone that our Resident Support Group meetings are held on the last Tuesday of each month at 10.30 am. As you already know, you are all most welcome.

Welcome to all the new employees who have joined the Marina team and we wish them well.

*Jane Elliott*  
*Clinical Services Manager*

## Congratulations to Team Members of the month

### January

♥ Ankda Urban

### February

♥ Charitee Campbell

### March

♥ Sandra Cotter

### Staff Profile: *Jane Elliott*

**Nickname:** Janey, Sis

**Position at Marina:** Clinical Services Manager

**Began working:** at Angus & Cooté Jewellery in George Street Sydney at the age of 15 during the school holidays.

**Dream Destination:** Greek Islands

**Useless fact:** Told to me by my father - why marry money when your father's got piles!

**When I was a kid:** I bought big bags of lollies from the corner milk bar for 20 cents which I saved for all week

#### **Most valuable advice**

**ever received:** from my mother - I know you will find the discipline of the traineeship difficult but just keep going and you will be fine.

#### **Most people don't know:**

I dated a Fitzroy football player!



# “Pickle me grandmother”

A very special welcome to our new Residents and their families.

Bayside Festival is an annual event in our community which runs over a weekend and one of the competitions that was on offer - “Hands on Hand Made - Preserve your Story” which meant that a preserve of some sort had to be entered along with the story behind it. So never one to miss an opportunity, our Resident Lois Johns, was a willing participant. So we entered and of course - LOIS WON!

Here is her story:



## **The Green Tomato Pickles Story**

*My granny was born in 1854 and when she married at 18 years of age she started making green tomato pickles. The recipe was handed down to my mum and then to me and now I have passed it on to my daughter who lives in America and still follows the recipe.*

*When I lived on the farm in Wimmera Victoria, near a town called Donald, where I was raised, we used to grow lots of our own food and tomato plants was one of them. When the plants were nearly finished their life, they still had lots of small green fruit that didn't ripen, so my mother used to use them to make the pickles.*

*I remember cutting the tomatoes into pieces, sprinkling them with salt and then leaving them overnight. However, one thing that I remember most was saving the dripping/mutton fat and after cooking the tomatoes, and they had cooled down, I would reheat the dripping and then wait till it had cooled down a wee bit and then pour it over the pickles so that they would last longer.*

*The recipe consisted of 6lbs of tomatoes which makes a lot of pickles. Pickles on this meat, pickles with that meat, pickles on bread - just as well I enjoy them!*

*Lois Johns*

## **Love Still Blossoms**

This was certainly the case with our couples who attended our annual Valentine's Day luncheon. Thanks to the kitchen staff who made a wonderful lunch.



Our residents have been busy with outings, craft, senior citizens, church, rosary, tai-chi exercises, happy hour, cooking, gardening, concerts, hymn singing, visits to McDonalds, shopping, quiz time, bingo, Bunnings, & playgroup. Some of our residents have appreciated being out in the sunshine doing activities.

All birthdays are special - but this cake made by Ann-Marie (kitchen) for Nellie was just fantastic.

*Happy 90th birthday Nellie!*



Happy Easter everyone

Until next time.

What is the Cross? It is a minus turned into a plus"

*Sharon Oats  
Lifestyle Co-ordinator*



# THE NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

## Exit, stage 2 left

The Noble Manor Stage 2 building works are going very well, with the paths and landscaping complete and now just the details inside to finish. This will be open in May 2009 so it will be an exciting time as there will be new residents and lots of new spaces to hold activities.

Across Noble Estate we have some lovely activities for the residents and it seems that each month there is a special occasion to dress up for. We have had Australia Day with Aussie barbeques, delicious Valentine's Day food with staff dressed in red, St Patrick's Day was all green, from cupcakes to green hats, and so it goes on ..... lots of fun had by all.

The residents of Noble Manor have been working on a very special piece of artwork. They have utilised their own hand shape and then painted this, and believe it or not, each hand has become part of a beautiful peacock tail, some with sequins and others glittering. We now have this beautiful piece of art work done by the residents at Noble Manor and it is now framed and hanging in the Williams area so is adding to the warmth of the building. Thank you to our wonderful volunteer, Jenny, who has assisted in making this possible.

At Noble Gardens and at Noble Manor, our new Gardening Club is going very well with vegies and flowers being planted. The residents enjoy chatting and remembering when they had their own gardens and the things they planted.



We always seem to have lots of concerts and other activities for the residents to enjoy .... generally a busy place. I was talking to staff the other day and how most of us don't really get excited about the mundane things in life like having a shower, but we always look forward to the activities we attend, and so it is for the residents also. It is lovely to see the big smiles as they listen to an entertainer or attend an activity. Thank you to all those who assist with putting smiles on faces.

We have had to say goodbye to Allyson Bennett, who has worked at both facilities and has assisted many of the other TLC sites. We wish her all the very best and thank her for her support and commitment to TLC.

We have been very lucky to have two new Team Leaders commence employment and they are doing a great job. The workforce throughout Noble Estate is very consistent and this is so important to provide the care we want for the residents.

Many of you are aware that I have resigned to go and live in Adelaide where I can be nearer to my parents as they are getting older and needing assistance. I have truly enjoyed my role at Noble Estate and I will miss the many staff, residents, and family who have been so supportive of me during the last year. May I take this opportunity to thank each and every one of you whether you are staff, family or residents for the many fantastic suggestions you have made and for your contributions to Noble Estate.

*Jennifer Garrard  
Clinical Services Manager*

news@thenobleestate

# Golden leaves

Autumn is always a beautiful time of the year and residents at both Noble Gardens and Noble Manor have been enjoying trips to Garden World. Cacti, bromeliads, orchids and bonsai are on display along with an astonishing array of crystals, fossils, shells and fascinating gifts. The cockatoo delights in conversing - in a rather one-sided way with residents bringing considerable laughter.



St Patrick's Day was a big hit with concerts incorporating Irish ballads and dancing and many residents and family looking spectacular in green.



Now we are all looking forward to "Animals on the Go" who are bringing farmyard animals to Noble Gardens so the residents can enjoy patting lambs and rabbits, guinea pigs and chicks. Piglets and goats will join the melee. This very special treat is being made possible through the generous donation of Judy (daughter of resident Alfred Batson). I'm sure many residents and family will find the day lots of fun. Bring the grandchildren.

*Penny Anderson  
Lifestyle Co-ordinator*





# HOMWOOD

## Extraordinary Homewood spirit

Hello All

Isn't time flying .... such wonderful events have been happening at Homewood in recent months and I am glad to have shared some exciting moments with you all.

Firstly though, I would like to take the opportunity to recognise those affected directly or those that knew someone affected by the Victorian bushfires in February. Black Saturday was a disaster that brought so much devastation to families and also had an impact on staff and residents at Sunlight in Whittlesea. The amazing strength and character shown by ordinary people has certainly shown me, and I am sure all of us, that there is nothing ordinary about our Australian spirit, it's extraordinary in fact. I would also like to sincerely thank all the residents, staff and visitors who made generous donations.

Residents at Homewood have made personal contributions to survivors of the bushfires and have been busy knitting beautiful coloured squares that have been sent to an appeal which will then be placed together to form large cosy rugs.

I am excited to announce Helen Molenaar as an advocate of Homewood residents for the Resident Support Group meetings. Helen has resided at Homewood since 2005 and is a valued Homewood family member. I look forward to having Helen continue to suggest how Homewood can grow and best accommodate residents. In the event that you are unable to attend a meeting then you are more than welcome to pass on any thoughts to Helen or myself on your behalf to be discussed.

We have had a refurbishment with vinyl floor covering replacing carpet in the living areas of Blue Gum. The process took a week but time flew with residents enjoying themselves residing in

Banksia during the day while works were carried out. Thank you to the Blue Gum and Banksia staff who made the resident transition into a comfortable temporary new environment. Thank you for the support of the Lifestyle team for also bringing added joy with diverse activities to participate in during this time. The new flooring looks great and a job well done.

Special welcome to new staff to the Homewood team and also to new residents. There was recognition for "Years of Service" for some Homewood team members, acknowledging those staff members who have been committed to TLC to five years or more. Congratulations to Carol Cummins, Ian Beach, Gurninder Kaur, Wanda Jankowiak, Fareda Janif, Hardeep Singh, Clarence Rulach, Hussen Legamo, and Anna Iliuta. Celebrations included a ceremony with Support Centre staff, and other staff members from Noble Estate and Marina who also received awards. Presentations of framed certificates and gifts were given. It was a really enjoyable evening and I look forward to the next one.

Alpha Dental, a mobile dentistry service is visiting Homewood regularly. If requesting a visit in relation to dental examinations and denture care, please see a Team Leader to complete the necessary request forms.

Think we are doing a great job? Perhaps you can suggest an improvement for us? Write it on a Best Practice form. Forms are located in the foyer, nurses stations, and kitchenettes. Please place completed form in Best Practice box located at reception. I look forward to receiving your feedback.

Until next time.

*Nancy Oosterhof  
Clinical Services Manager*

# 100 not out

I can't believe how fast the year is flying past, here we are up to Easter already.

Here at Homewood we have celebrated a milestone birthday with one of our residents. In February, Edith White celebrated her 100th birthday with a large group of her family and friends and residents of Homewood. The local member for Parliament, Anthony Byrne, attended Homewood the week before to present a certificate as he was unable to attend on the day. The Mayor for the City of Casey, Cr Geoff Ablett, attended on the day to present certificates from the Queen, the Prime Minister, and the Governor General. Edith had a lovely time as seen in the photo.



We all felt the sadness and feeling of helplessness with the recent bushfires in Victoria. Our residents had been feeling that way. We had started to knit squares to be made into rugs before this had happened. After the fires I had seen a segment on the "Better Homes & Gardens" show requesting knitted squares to be sent in to be made into rugs for the bushfire victims. When I asked our residents if they would like their squares to be sent in, they all said yes. By doing this, it has given our residents a feeling of doing something, being able to contribute, even if it was in a small way. They felt good about being able to help as you can see in the photo. We have sent off our first bundle of squares and are working on the next lot to be sent in. Well done everyone.



We took a group of residents ten pin bowling for the first time and they had a ball. Everyone who went had a go and thoroughly enjoyed it as you can see by the photos. Some of them had never been bowling before and enjoyed it so much they have requested to go again. We had coffee and cake afterwards and a lovely morning was had by all.



We also went for the first time to a craft group called Make & Mingle in Beaconsfield. Our residents enjoyed the morning, where we started working on a patchwork quilt. The ladies were able to mingle with the other ladies there and see what craft they were all doing and get a few new ideas as well. Our residents really enjoyed the morning and we will make it a regular activity once a month.

The residents who attend our art craft sessions have been helping another cause as well. They have helped decorate hand made pencil cases and carry bags as seen in the photo. These goods are being taken to children who live in a remote village in Papua New Guinea.

Keep up the good work everyone.

*Debbie Moss  
Lifestyle Co-ordinator*



# A time to reflect & rebuild

As you are all aware, on Saturday 7th February 2009, we experienced a natural disaster which remains beyond comprehension and will be etched in our memories forever. Here at Sunlight we had 19 staff directly affected by the bushfires, with 7 of those losing their homes. I thought I would take this opportunity to share with you my bushfire experience.

The day began with extreme heat and strong winds that concerned me. I listened to the news reports and got on to the internet in the morning, regularly refreshing the page throughout the day for any updates on the Kilmore fires that I knew were burning. I was safe I thought, maybe a little complacent as I reflected on my evacuation from home in 2006. No need to start packing for myself but on alert for Sunlight in case an evacuation was required. In the afternoon I made contact with a friend who is a CFA volunteer and asked if there was anything I should be worried about, she replied not at this stage.

A call was made to the Executives of TLC and facility to advise of a pre-plan if required. A short time later this plan was implemented. All intentions were to come in from home and assist, however a call from a friend advising that the road to Whittlesea from Kinglake was closed due to fire and fallen trees, changed my plan. As Sunlight's evacuation plan was being put into place, I received a call from my CFA friend advising me to "get out now, you have half an hour, the fire is heading up the mountain at a rapid pace". I actually had about 5 minutes.

I notified the Executives of TLC that I needed to evacuate my home and handed over the evacuation of Sunlight to them. I contacted my parents to ask them to contact my two sisters and their families. My mother informed me not to come down St Andrews Road as she had just driven through flames coming home from the mountain.

The power went out and I frantically grabbed together an overnight bag (including one set of work clothes, forgetting the shoes). I placed the lead on my two greyhounds and observed the sky was bright orange, and smoke coming towards my home from the national park. I did not have time I thought, as I had my five cats waiting in the laundry. I would have to make a heartbreaking choice and only grabbed my 19 year old Tonkinese. Three cats perished but one was later found and retrieved by Georgia (staff member at Sunlight) hiding in a wombat hole.

As I raced to the front lounge, I had one space on my arm left to grab just one more thing. I looked around for the most expensive item that I could manage and collected

my saddle/bridle on the way out. Large embers were falling in my paddock, they were now alight. I became very concerned as my shed had over 500 bales of hay and looked over to the horses. In my head all I could hear was "no time". I had to leave them behind (luckily they all survived).

I drove frantically with float attached towards Glenburn. Arriving there I was horrified to be told that the fire was heading towards us and there was no way out and we would have to stay and defend. A call came from my neighbour who was hiding in the bathroom of her house to advise that my house was on fire and there was nothing they could do. All that was left was to pray, and I asked "if something can be saved please let it be my diamond ring that I had planned to give to my daughter". Miraculously this was the only possession I was able to retrieve.

The fire came to Glenburn. I watched the fire come down the boundary tree line and across paddocks only metres from the house. The fire was fought with courage and strength with buckets of water, wet mops and arriving just in time, neighbours with small tankers on their ute. What a wonderful feeling it was when they arrived.

I did not know that my children were safe until the following afternoon as they had been camping in the bush somewhere with their Dad. I did not know until the following morning that my sisters and their families had survived as they had been caught on the mountain trapped as they tried to leave only moments after I had.

That night I reflected and realised how important family, friends and my community were to me. Staff at Sunlight contacted me during this ordeal and I asked about Sunlight and was told that Whittlesea was safe due to a change in wind which took the fire up the mountain.

The days and weeks following the fires remain clouded, but we are now looking forward to the rebuild and my goal is to be home for Christmas. I look forward to sharing with you all the rebuild process.

On behalf of all of us affected by the fires I do want to acknowledge and thank all the staff who worked during this difficult time, and the staff who came from other TLC facilities and Support Centre to assist with not only care, but emotional support of our staff and residents. A big thank you for all the donations received to assist all those affected by the bushfire.

*Amanda Roks  
Clinical Services Manager*

lifestyle@sunlight

# Thank you Sunlight Residents

All Sunlight staff affected by the "Black Saturday" fires wish to thank the Residents and their families for their support, prayers and kind words. We understand your lifestyle program was interrupted due to absences, as our lifestyle staff were among the people affected.

Lifestyle Assistant, Sandy Thomas, has resigned to spend time with her family. Sandy was great to have on our team and will be missed, but we understand her need to be with family.

Clare Hargrave, our Physio Assistant, has taken up the part time position for Lifestyle in the Roberts wing. Clare's happy smiling face in the corridors, along with her cheerful hellos, is a pleasure for all. Welcome to the team Clare.

We wish to congratulate Simone Carrafa who was married on 8 February 2009. Simone was the beautiful bride we thought she would be.

Sunlight's Lifestyle program during the months of January to March 2009, saw the residents enjoy a variety of activities.

Pre-Australia Day celebrations engaged family, residents, and staff for a fun day of games and quizzes, St Patrick's Day concert, and another welcome visit from the Whittlesea Cruisers Line Dancers, and the continued support of the volunteer program, RSL visits, church services and monthly rosary.

Sunlight's regular programs of bingo, exercises, sing-a-long, happy hour, cooking, and mind stimulation are well attended. Craft has been added to our program as well as an art session. Please see Lifestyle if you are interested in joining either of these. They will commence in April 2009.

Last but not least, the residents' Op Shop has raised \$50 and residents have requested the funds be donated to the fire appeal. Well done ladies.

Till next time, remember "No matter where you come from, or how far you may roam, there's some place in Australia your heart will know as "home". Our prayers are with you Australia.

## Congratulations to Team Members of the Month

### January

♥ Tanya Jerabek

### February

♥ Carolyn Bennett

### March

♥ Georgia Lindsey

♥ Noelene Curtain

♥ Tanyra Jerabek



# FOREST LODGE

## The forest grows

What an exciting time we have had at Fantastic Forest Lodge. We are now in our ninth month of operation and continuing to grow. Each week we welcome new residents and staff into the home and it is now starting to look lived in and feel like home to most. The recent rain has revived the new plants and grass and the garden is now growing well.

For some time we have been working hard towards full accreditation. I would especially like to thank Andrea, the Team Leaders and the staff for the long hours they worked and the CSMs and staff from our other TLC facilities who have come so willingly to assist us all the way to Frankston North. We would also like to thank the residents and families who spoke so highly of the staff and facility to the auditors.

Congratulations to our team members of the month, for January Rosalie Lee, for February Helene Holtzinger, and March to Robert Zarb. Forms for voting for the team member of the month are on the table opposite reception.

Sadly we said goodbye to Sue Doogood, our ACFI Co-ordinator, at the beginning of March. I would like to thank Sue for all the extra work she did to assist in our first few months. Sue was well liked, especially by the Milpara residents, always willing to listen and assist in any way she could.

This will be the last newsletter from Janet Walton, our Lifestyle Co-ordinator, who will be retiring at Easter. We would like to thank Janet for her skill in setting up our lifestyle program. She will be greatly missed by the residents. Hopefully Janet will return in the near future as a regular volunteer. The residents of Sherbrooke are now enjoying their activities with Robert. Robert has increased his hours to near full time and it is great to have him with us for the extra hours.

On Valentine's Day the home was decorated with red hearts of all sizes and for St Patrick's Day, the colour and theme for the day of course was green. We have a small band of volunteers who assist in many different ways each week with the residents.

Do you have a special hobby, interest or skill you would like to share with our residents in a small group, either as a once only or in a regular group? Would you like to have fun and assist with outings on the bus? Can you sing or play an instrument? Are you able to sit and talk or listen to a resident on a one-on-one basis? Are you able to accompany a resident who has no family, on medical appointments? Would you like to read to our visually impaired residents? Can you play board games such as chess, cards, drafts or do a puzzle with a lonely resident? If so, we would love to hear from you. People who come to assist in all sorts of ways enrich the lives of our residents. If this sounds like you, please make yourself known to Robert, our Lifestyle Assistant, our Receptionist Karen, or myself.

We now have several very special wives and husbands who visit their loved ones either daily or on a regular basis. If you are interested in meeting together for a cuppa, chat and support from others who understand, perhaps fortnightly, please see me.

A big thank you to Joyce James for allowing us to "mind" her pipe organ. The organ is currently being set up in the room at the back of the dining room. In the very back dining room we have a table tennis table just waiting for you to play on. Visitors are welcome to challenge our residents or perhaps coach them to play a game. Thank you to all for your support in making Forest Lodge a great place to be.

*Evelyn Hamilton  
Clinical Services Manager*



# Sing, sing, sing

Hello everyone

Another busy year is underway with our activities.

We have recently formed a liaison with the local RSL and our residents now visit there regularly each month for lunch. As we have access to their bus, we are able to take up to 16 residents with us each month. The residents have enjoyed each outing so far and look forward to the next time. Day trips with the RSL will also become a feature. Arrangements have also been made with them for our Anzac Day service.

Recently we were entertained by the Frankston Ladies Choir and this was thoroughly enjoyed by everyone. We are looking forward to a return visit later in the year.



James and his group from the Community Centre have been with us a few times and the resident always enjoy singing along with them.

Our craft program in April will see one of our residents show us to do quilling.

She has made some lovely cards and hopefully ours will turn out well. Many of the residents are looking forward to this.



Meanwhile, another resident is keen to show us his Italian cookery skills - sounds like a yummy time! We have many talented residents and we are keen to involve them in the activities program.

The library program is well underway with books from the Frankston library and the residents look after the borrowing of them. A roster was drawn up for this and there are still residents volunteering to be on the roster, which is great to see them wanting to become involved.

We wish everyone a safe and happy Easter.

*Janet Walton*  
Lifestyle Co-ordinator



# SUPPORT CENTRE

## TLC Aged Care Team Reaches “100”



*Left to right: TLC Aged Care Chief Executive Ingrid Williams, Executive Finance Tim Humphries, TLC Aged Care Director Jenny Leaper, and Executive Human Resources Damien Hellard at the finish line of the Oxfam Trailwalker 100km endurance walk.*

It might take most people 100 years to reach 100, but a team from TLC Aged Care reached the milestone in just 34 hours!

Ingrid, Tim, Jenny and Damien from TLC Aged Care's Executive team took on the Oxfam Trailwalker Challenge - a 100km endurance event walking from Wheelers Hill to Wesburn in the last weekend of March 2009. And they finished the overnight event successfully, raising more than \$10,000 in the process - in the top 3% of fundraisers for the event.

Named the “TLC Walking Frames”, the team trained for the event over many weeks and were thankful for kind weather throughout the two days of walking.

“So many teams of four competed in the event, walking through the bush to raise money for Oxfam Australia”, explained TLC Aged Care CEO, Ingrid Williams. “Oxfam work to fight poverty and injustice around the world, including Indigenous Australia, so it was a good cause as well as a mighty challenge”.

As with all successful team efforts, a support crew is a must. A mini bus displaying the TLC Aged Care name was seen driving all over the Dandenongs arriving ahead to meet the team as they passed through the eight checkpoints on the trail. “The support crew were super. They topped up our drinks and snacks and helped out with extra clothing as the weather cooled down in the late evening” said Ingrid. “Our official time was 34 hours and 35 minutes so we are very pleased we completed the trail successfully and in just over average time,” said Ingrid.



# SUPPORT CENTRE

## Oxfam Trailwalker

Representing the Health, Education, Science and Technology sector, the TLC Walking Frames started walking on Friday, 27 March at 8.30 am and finished up at 6.45 pm on Saturday night. "We managed a few hours sleep in the early hours of Saturday morning to boost our energy stores for the rest of the walk," explained Ingrid.

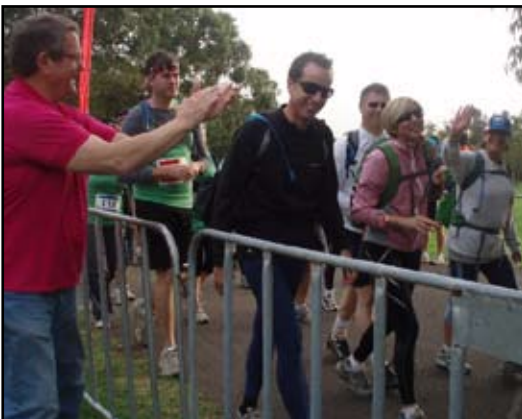
The team's supporters and donors included friends, family, colleagues, and TLC Aged Care suppliers. Along with their donations, supporters were able to post messages on the Oxfam website. Some of the encouragement read: *"Congratulations TLC Walking Frames. What an amazing and inspiring effort", "It is a bold undertaking and we wish you and your team all the best. We just hope that the chosen team name does not become a self fulfilling prophecy post walk."*

"We were certainly tired and sore when we finished, and the next day too, but we have built our team spirit and with our support crew, have achieved a wonderful goal while supporting a most worthy cause," said Ingrid.

And in the words that one of the TLC Walking Frames' supporters wrote on the website ... *"what a great example to the team - leadership, persistence, community awareness ..."*

### 10 things you didn't know about Trailwalker

1. The average time taken to complete the 100km trail: 29 hours
2. There are 80 portaloos in operation
3. 7,000 bananas and apples will be consumed by walkers over the weekend
4. 1km of strapping tape will be used on some very tired feet
5. 800 volunteers will help the event run smoothly
6. 2,500 toilet rolls are used
7. The highest amount raised by a single team is \$80,821
8. 600 glow sticks will be used to help light the trail overnight
9. 27kgs of peanut butter will be consumed
10. 53kgs of jam will be consumed by walkers.



## Oxfam Trailwalker cont...



### Contact Details - TLC Aged Care Homes

		Phone:
<b>The Homestead</b>	22 Homestead Avenue, Wallington, Victoria, 3221	5250 1188
<b>Homestead Lakes</b>	33 Homestead Avenue, Wallington, Victoria, 3221	5250 5347
<b>The Belmont</b>	235 High Street, Belmont, Victoria, 3216	5243 9342
<b>Marina RAC</b>	385 Blackshaws Road, Altona North, Victoria, 3025	9318 9944
<b>Noble Gardens RAC</b>	55 Thomas Street, Noble Park, Victoria, 3174	9548 5177
<b>Noble Manor RAC</b>	33 Frank Street, Noble Park, Victoria, 3174	9558 4611
<b>Homewood</b>	8 Young Road, Hallam, Victoria, 3803	8795 7825
<b>Sunlight RAC</b>	43 Laurel Street, Whittlesea, Victoria, 3757	9716 3801
<b>Forest Lodge</b>	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](mailto:media@tlcpl.com.au)

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