

A new decade begins

Happy New Year to you all. I trust you had a wonderful Christmas in which you spent time with your family and friends to relax and enjoy some Christmas cheer.

It was wonderful to be able to attend the resident Christmas parties which took place at each home during December 2009. Also in attendance were John and Jenny Leaper, members of the Executive team and Board members.

Years of Service

We are very excited to be able to start planning for our second annual Years of Service Recognition Awards Ceremony which will be held in February this year. It gives us a great opportunity to acknowledge and reward those staff who have worked at TLC Aged Care for 5 or more years. We provide them with a certificate and gift in recognition of 5, 10, 15, 20 and beyond years of service. This year we plan to have a single event where staff from all our homes can celebrate together.

Peter Duggan

Peter Duggan had his last day of work on 31 December 2009 and is now embarking on what we trust will be a relaxing retirement of fun and fishing which, for those of us who know Peter, understand is one of his passions. We have planned to celebrate his many years of dedication and commitment to TLC Aged Care on 5 February.

Vision and Values

As some of you may be aware, we have just completed a review of our new Vision and Values which have been in place for six months now. This involved sending out a survey to a number of our stakeholders in which we asked you what you thought about the Vision and Values. It has been great to receive feedback from residents and staff alike regarding their thoughts. This information is currently being collated. The early impression is that there is excellent recognition of the new Vision and Values which is wonderful to see.

Marketing Group

This group attended a workshop in December and some very exciting suggestions on how we can further improve what we do came out of it. We are continuing with our commitment to Customer Service training for all staff for example and we have also discussed introducing an on hold message service, giving our lifestyle buses an upgrade in relation to the messages on them, as well as ensuring that we share with the community all the wonderful resident activities that are going on in the homes.

Ingrid Williams
Chief Executive Officer



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tlc **HOMESTEAD ESTATE**
AGED CARE

The Combined Newsletter Section for The Homestead & Homestead Lakes

Happenings

Welcome 2010, Happy New Year.

We are all enjoying the beautiful summer weather. Residents, families and staff all enjoyed the 2009 Christmas celebrations, delicious food, great entertainment and the visit from Father Christmas.

The Homestead

The internal courtyard has been through an upgrade to suit drought conditions. This has included adding drought tolerant plants.

All families and friends are invited to join the residents every 3rd Thursday of the month for afternoon tea and Supper Club between 1.30 pm to 3.00 pm. Entertainment will be provided.

Homestead Lakes

Congratulations to Belinda and Gerard Morrissy on the birth of their daughter, Ruby Louise, on 29 December 2009.

The relocation of the hairdressing salon and installation of a nurses' station in Dorset will commence in February 2010. All families and friends are invited to join the residents on every 3rd Thursday of the month for Supper Club between 6.00 pm - 8.00 pm. Entertainment, dancing and supper will be provided. Our first Supper Club took place in November 2009 and was a great success so we are looking forward to continuing with the activity.

Fran Durham
Clinical Services Manager

Congratulations

Congratulations to Sandy (Reception/ Admin, The Homestead) and Cam Burn on their marriage on 21 November 2009.



Thank you to all staff at TLC and the residents of The Homestead for their kind thoughts and well wishes regarding my recent wedding. A special thank you to all the staff at The Homestead who spoil me with beautiful gifts and a huge morning tea.

Sandy Burn



Congratulations to Belinda and Gerard Morrissy on the birth of their daughter, Ruby Louise, on 29 December 2009.

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Tribute

Winifred Jessie Dickson

30 October 1916 - 2 January 2010

Known to all as "Winnie"

Winnie left her home in Portarlington and entered Clyde Nursing Home on 15 January 1982. She liked to sit on a couch in the front foyer and greet all who entered. When The Homestead was built, Winnie moved (along with many staff) to Wallington and she soon settled into her chair in the hearth area and continued to greet all who entered.

Winnie had a great love of make-up, her hair being groomed with numerous hair combs and red nail polish on her fingers. Her love of animals was understood by all staff and her many toys were treated with great respect. Her favourite toy was a dog named "Clancy" that appeared at many activities and events held at The Homestead.

Winnie's room was covered with pictures of Princess Diana and many previous books about her favourite royal. TV was a favourite past time, especially old movies or animal shows. Her love of animals continued with the introduction of The Homestead canaries and also Delta Dog visits.

Bingo was played by Winnie with her concentration on winning the beads prize; the more she could wear the better.

Winnie has been part of The Homestead for a very long time and will be fondly remembered by all who knew her for so long.

Sleep gently Winnie



Winnie with Peter Duggan



HOMESTEAD ESTATE

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100 good years

An extremely full and interesting life has been lived by Mrs Iris Green who turns 100 on 12 February 2010.

The variety of episodes spanning her life has been captured in several books which she has written.

Mrs Green was born in Portsmouth England. At the age of 19 she decided to travel to Australia on her own, but due to unfortunate circumstances she was unable to return to her home land and therefore settled in Adelaide. Shortly after she met her future husband they moved to Melbourne and then to Geelong.

Mrs Green was extremely talented in needle work and as a trained seamstress made beautiful ball gowns. Mrs Green to this day continues to have an interest in knitting small toys and gets much pleasure from giving these away.

In the past Mrs Green played the piano and many enjoyable family times were spent singing their favourite songs.

Happy Birthday



Welcome to the Team Homestead Lakes

- ♥ Jennifer Concannon
- ♥ Jennifer Warwick
- ♥ Margie Brown
- ♥ Justine Leamer
- ♥ Lynne Norman
- ♥ Kalissa Marendaz
- ♥ Louise Randone

We sadly say goodbye, good luck & thank you to

- ♥ Glyn Craig (13 years service)
- ♥ Elise Brady
- ♥ Marta Simonetti

The Homestead

- ♥ Joe Troop
- ♥ Jacqui Leamer-Alessi
- ♥ Kelly Keel
- ♥ Samantha Lewin
- ♥ Lynne Norman
- ♥ Ernesto Gonzalez
- ♥ Tara Cooper
- ♥ Julie Stepnell



HOMESTEAD ESTATE

lifestyle@homesteadestate Feeling social at the coast

Homestead Lakes

Supper Club was thoroughly enjoyed by all of those who attended. This event is proving to be the highlight of the month. We are amazed with the dancing prowess of some of our residents. It is also great to see staff and family members enjoying the night with us.

The Christmas raffle was drawn during the Supper Club, the winners being 1st Rosemary Luxmore, 2nd Jo Taylor, and 3rd Lew Taylor. To all those who donated items for the hampers and who supported our raffle by purchasing tickets - thank you.

Our male residents enjoyed an outing to the Point Cook Airforce Museum.



The Homestead

Christmas was celebrated at The Homestead with the annual Christmas party and what a turn out we had! It was wonderful to see so many family and friends all together and John & Jenny Leaper enjoying the day. Thank you to Alistair Henderson for entertaining on the day. We look forward to our monthly sing-a-longs. Supper Club is held on the 3rd Thursday of each month at 1.30 pm.

At present we seem to be competing against either the cricket or tennis on TV and with the burst of hot weather the activities are of a more relaxed and quiet nature.

Physio Update - Homestead Lakes

EXERCISE is usually high up on most people's list and one that crosses the generations. Whether you are 25 or 95, some form of physical activity should be incorporated into your life on a regular basis. People who exercise regularly are helping to lower their risk of many physical and mental ailments. At Homestead Lakes there are many different exercise options. Set a realistic goal and make a commitment to include exercise in your life and you will be amazed at all the benefits. Go for your life !





THE BELMONT

Eat my hat

2009 has been and gone, and here we are again at the start of another wonderful year.

Firstly, some great news - we passed accreditation with flying colours; we achieved 44 out of a possible 44 outcomes with a recommendation for 3 years full accreditation - a perfect score! A huge thank you to everyone for all the hard work. We couldn't have done it without the fabulous input from everyone, including staff, residents, and families. I knew we would do it at least most of the time I knew we would do it (we only had a few fleeting moments of panic).

We've been having some great fun here at The Belmont over the last few months. The Supper Club has been a fantastic success and it was lovely to see so many people here for our last Supper Club of 2009. Nearly 200 people joined in all the fun and frivolity. Santa even made an appearance on the night. Thank you to Ben and Alistair who have both entertained us magnificently at our Supper Club evenings, even teaching me some song and dance about gum trees and plum trees!! We can't wait for the next Supper Club to hear some tunes from Alistair on his new beaut uke.



It is amazing how quickly the Supper Club has gained the reputation as the place to be on the first Tuesday night of every month and how wonderful it is to see everyone enjoying the experience.

I would like to share with you all a few words that were written to me by a couple who spent some time on respite here at The Belmont. It brought a tear to my eyes.

*"To all the staff at The Belmont,
Many thanks for all the help and pleasure we have had here. Who would have thought that we would dance again".*

Marj & Sam Hammond

I think that sums up the aim of the Supper Club perfectly. The residents, their families and friends, and staff enjoyed the Christmas parties throughout December. It was fantastic to see John & Jenny Leaper, Peter Duggan & Tim Humphries in attendance at our resident Christmas party. I did personally get a great deal of satisfaction watching Tim "eat his hat".



I would like to take this opportunity to say farewell to Peter Duggan. We hope you enjoy your retirement and all the new adventures to be had. We will all miss you.

Congratulations to Sarah Pope who recently celebrated her 103rd birthday. Sarah told me she didn't want too much fuss this year, she prefers to wait until her 105th birthday! Now that's one party I want to be invited to.



Welcome to all our new staff including our new Team Leaders, Megan Shiells and Merlin Bobby. Congratulations to all our Team Members of the Month - well done. Once again a big thank you to all the staff, residents and families for making 2009 such a memorable year. I look forward to all the great things to come in 2010 and working together to make The Belmont such an amazing place to live and work.

*Claire Fry
Clinical Services Manager*

lifestyle@thebelmont

The Belmont is rocking

Well one thing they can't say about The Belmont is that there is nothing to do!

Our residents have been kept busy with all the activities going on here. We've had ballroom dancing exhibitions and market days; we've been entertained by the Dutch Clog Dancers, Mike McCoy, and Jenny Stephens. We've had bus trips to the Royal Geelong Show, Cats Bistro at the Geelong Footy Club for our weekly luncheon, and drives along the coast to Torquay where our residents enjoyed an ice-cream, or two...



Our ladies were preparing for the Spring Carnival in November making their beautiful hats for the Cup Day Hat Parade. The quality of hats produced was magnificent. Congratulations to the winners of the hat parade Lillian Marks and Sally Lowe.



Our residents have really become involved in the brain games and word games with Karen, even teaching our lifestyle staff a thing or two!

We were very fortunate to be entertained by a ballroom dancing troupe. Thank you to Madge Rogers' son Paul, a champion ballroom dancer, for kindly organising the spectacular event. The Juke Box Rock'n'Rollers were also a big hit with every foot in the building tapping to the beat of the fabulous 50's music.



Our Duggan residents have been busy gardening and planting new plants which have been growing from cuttings, thanks to our "green thumbbed" lifestyle assistant Tracey. The courtyard in Duggan is looking amazing and it's wonderful to see the confidence and pride that it has given all the residents.

Our ladies are loving the pampering sessions with Michelle and Irene. I think some of the staff are very jealous. The hand massages and manicures are very popular and the wonderful aromas coming from the pampering tables are divine.

We would like to take this opportunity to wish Sharon Terrill well as she moves on to other opportunities. We would also like to welcome Tracey McCann as the new Lifestyle Co-ordinator. Tracey, an art teacher, has many qualifications and vast experience. She has some wonderful ideas for our lifestyle program and can't wait to get started on introducing some fantastic new activities for our residents.

We look forward to 2010 and can't wait to introduce some new and varied activities as suggested by our residents. It is going to be an exciting year here at The Belmont.

Lifestyle Team

Movement at Marina

I trust you all had a most enjoyable and safe Christmas and New Year and I look forward to seeing you at times throughout 2010.

Wonderful decorations, entertainers visiting throughout December, Christmas parties for each unit, our very own Carols by Candlelight performed by the Marina Choir and a Christmas Day lunch for those residents who stayed in on Christmas Day are just some of the events that took place during the festive season.

On behalf of all the staff at Marina I would like to thank John & Jenny Leaper and the Executive team for the staff Christmas gifts. On the warm sunny days and balmy nights, the picnic rugs will be well used.

It's great to be back at Marina full time. As you may or may not be aware I spent the greater part of the last months of 2009 assisting my colleagues at Noble Estate.

I enjoyed a break in late 2009 in Vietnam. It was a most relaxing and rejuvenating experience. I am now back at Marina enthusiastic and ready for 2010.

I would like to take this opportunity to offer my sincere thanks to Dianne Skew, Team Leader of Pacific, who quietly and competently managed the day-to-day running of Marina handling issues as they arose during the time I was on holiday.

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 enjoy their time at Marina.

Sarah Deering has commenced leave and in a very short time will have her first child. We wish her all the best. We say a big thank you to Shirley Marston who has happily agreed to fill the role until Sarah's return.

Congratulations to Alicia Alcantara, Rayni Botha and Sarah Sciberras for successfully completing their studies and are now qualified RN Div 1's. They have been accepted as graduate nurses and will take up their positions at various Melbourne hospitals.

*Jane Elliott
Clinical Services Manager*

Staff Profile - Cheryl McSwain, Administration Assistant Extraodinaire

Nickname:	Feral Cheryl (Christened by the CSM)
Position at Marina:	Administration
Began working:	At Marina in 2007
Dream destination:	Paris
Useless fact:	I have some interesting tattoos
When I was a kid:	I was constantly under attack from my siblings when I slept
Most valuable advice received:	From my Grandmother "Live Life to the fullest"
Most people don't know:	I am an avid collector of kookaburra paraphernalia



lifestyle@marina

Happy Birthday Olive

Happy 103rd Birthday to Olive Clifton. Olive is possibly Hobson Bay's oldest resident. She has an active mind that would embarrass many people years younger. She has lived long enough to see five generations of her family, her great-great-great granddaughter Taylah was born last year. Congratulations Olive.



Party mode

As we welcome in 2010 we wish all of our residents, families and friends a fantastic year ahead and we look forward to sharing many activities and ongoing fun.



Frivolity, Family Day, Father Christmas! Everywhere you go it seems that everyone at Marina has been in party mode. Family Day as always was lots of fun. It was great to see residents, families, friends and staff all getting into the swing of things and enjoying themselves.



With the good weather, our residents enjoy getting out and about in the great outdoors and what better way to do so than a BBQ at the beach



All of our activities continued to proceed as normal, with a few extra happenings leading up to Christmas, such as the local children's church choir and the Hyde Street Youth Band performing. Healing mass, church services, outings, happy hour, rosary, craft, cooking, art class, shopping, exercises, tai-chi, aqua-aerobics, McDonalds, reminiscence etc continued to enrich the lives of our residents.



It was beginning to look a lot like Christmas at Marina with five parties, entertainment, and of course Christmas wouldn't be complete without our wonderful Father Christmas who was on hand each day to help liven things up a little. Just to top things off we held carols by candlelight and as always the residents performed brilliantly. Until next time ...

"To love what you do and feel that it matters - how could anything be more fun?"

Katherine Graham

Sharon Oats
Lifestyle Co-ordinator



NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

Noble natterings

Hello and what a start to 2010!

This year will no doubt be as exciting as the last with Christmas and New Year events that were a cause for celebration. Wonderful decorations adorned our home which our residents and staff took such pride in and added to the amazing atmosphere of the festive season.

A special welcome to new residents and staff who have joined our team at Noble Gardens and we look forward to working together in continuously improving our services.

Other exciting news is the appointment of Benita McDonough to Noble Manor as Acting CSM. Benita has a wealth of experience in residential aged care and has already made a number of positive changes and improvements to Noble Manor and I look forward to continuing to work alongside her. Benita's appointment has in turn enabled me to be based at Noble Gardens until April 2010.

It is with sadness that we farewell Penny Anderson from the Lifestyle Co-ordinator role at Noble Estate, however celebrate that she will remain with TLC as a casual Lifestyle Assistant. Penny has been an excellent team member and co-ordinator in developing a full and fruitful activity program and we wish her well in her future endeavours and look forward to seeing her around Noble Estate still interacting with residents.

Australia Day held in January is a buzz with eagerness to light the barbeque, indulge on the lamingtons and appreciate the diversity of what our country is, acknowledging our history, what has shaped us today and also the future and the amazing multiculturalism that comes with living in the most beautiful place in the world.

Until next time, take care.

*Nancy Oosterhof
Clinical Services Manager
Noble Gardens*



news@thenobleestate

Welcome to the Manor

I would like to take this opportunity to introduce myself - my name is Benita McDonough and I am working at Noble Manor as the new Clinical Services Manager.

I commenced the position in December 2009 and am contracted until April 2010. During my time here I have been pleased to be able to talk to a number of residents and families and my aim is to ensure that all our residents continue to be well cared for. I am very much enjoying my stay at Noble Manor and have wonderful supportive staff to assist me in settling in.

The period leading up to Christmas was very exciting and we are particularly proud of the recent art exhibition that took place in November.



The art exhibition was a fantastic success with guests including council representation, the owners of TLC Aged Care, the CEO, members of the Executive team, families and visitors.



Some of the paintings were sold and the ones purchased by Noble Manor are a talking point with all who pass by them.

A highlight on the entertainment calendar is the Supper Club which is on Wednesday once a month at 6.00 pm. Our very own Business Development Manager, Alistair Henderson, is a key feature on the night.



The Christmas celebrations which were organised by the lifestyle team were wonderful and it was lovely to see so many residents and their families enjoying the entertainment.

We had three concurrent groups of entertainers in each of the units which made for lively entertainment for the visitors and staff who were able to visit each of the units. Father Christmas visited and handed out presents to all residents adding to the fun atmosphere.

Recently I attended the TLC marketing group workshop and meetings. Some exciting initiatives have been discussed. There are plans for the lifestyle bus to have new messages and logos on it for example.

Since opening the Williams unit we have been employing new staff. I would like to welcome those new staff members who have joined our team. I wish them all the best during their time at Noble Manor and I know everyone will make them feel welcome.

With arrivals, comes departures - we are saying farewell to our Maintenance Officer, Kenneth MacKenzie. Kenneth has a positive attitude towards his work and will be missed by the residents and staff.

*Benita McDonough
Clinical Services Manager
Noble Manor*

news@thenobleestate

Festive season at noble estate

Every visitor who stepped into Noble Gardens during December 2009 was amazed by the beautiful decorations which were up everywhere.

Members of our wonderful Jasmine nursing staff, Julie and Cheryl, are especially thanked for the huge effort put in with arches, tinsel, fancy paper stars, lights, and much more. Many residents commented that looking at these decorations transported them back to Christmas celebrated in their childhoods when everything seemed like pure magic. Noble Manor looked wonderful too with decorated and lit up trees in all wings. Thank you to everyone involved in making our homes so full of the Christmas spirit.

In the lead up to Christmas, residents at both homes enjoyed special late night bus trips to view the gorgeous light displays in the neighbourhood after dark. Lots of fun for young at heart! We have also been fortunate to have several school choirs and church groups come in and brightly sing Christmas carols to uplift the spirits of our residents.



Many family members joined their loved ones at the Noble Gardens party on 14 December. Jasmine residents were entertained by 15 members or so of the U3A choir all in glittering red sparkly jackets and hats while Gardenia residents had the equally entertaining Nordan Variety Artists.



A hiccup in the planning of the lifestyle department occurred when two hours before the concert, the other set of entertainers phoned in sick and unable to attend. Fortunately our talented staff Georgia and Jeff just happened to have their trusty guitars with them and were able to provide a more intimate Christmas affair for some of our Rose residents and guests, while others chose instead to join the larger and louder party in Jasmine.



Noble Manor parties were also tremendous, with our Kensington residents entertained by Nordan Variety Artists in fine form, Williams with U3A Choir, and Windsor being wowed by Janene in her Mother Christmas mini dress.



One of our residents became so filled with joy by the overall great Christmas atmosphere that she insisted on having her photo taken sitting on the knee of Father Christmas. With the help of care staff and family this desire was fulfilled!

For many years the part of Father Christmas at the Noble Estate has been filled by Julie's father Ian. Due to illness, the role was taken up by Maninder, once again thrusting the Noble Estate on to the cutting edge in aged care by being host to probably the first Sikh Father Christmas in the history of Australia. Ho ho ho! We wish Ian a speedy recovery and send all best wishes for the New Year.

Christmas themed Supper Clubs with our wonderful Alistair have added to the festivities as have various Christmas themed craft groups. We had a special afternoon tea with quizzes and games on the last day of 2009.

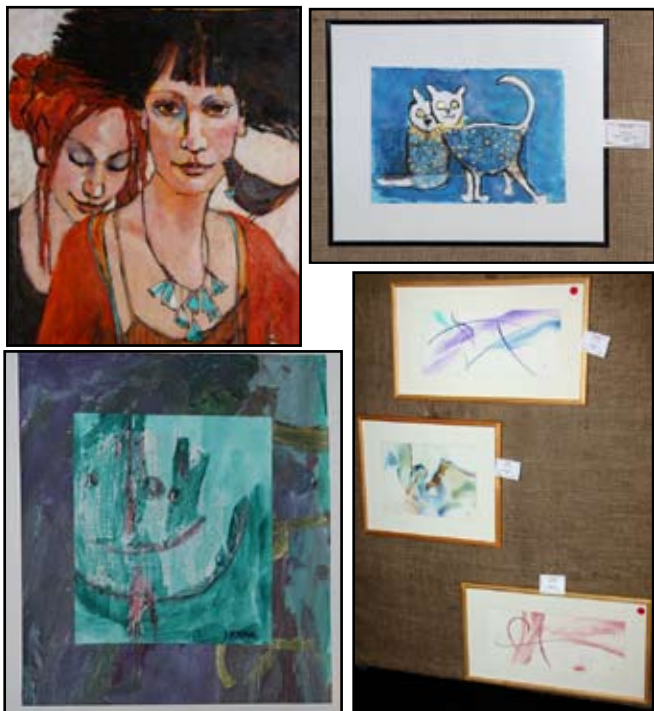
We wish all our residents, staff, our fabulous volunteers and all family members a fantastic year in 2010.

*Penny Anderson & Amanda Bell
Lifestyle*

Fine art

Art exhibitions are often impressive enough. You might think “how did they learn that”, “I Could never do that” or “I can’t paint”. So what if the artists had never painted before ... and are residents in an aged care home? The exhibition becomes a noble and magnificent achievement indeed!

Noble Manor held its second annual weeklong art exhibition from 25 November - 2 December 2009, featuring the works of many residents who have never painted before.



The activities and lifestyle team is behind the exhibition supported by volunteer artist and teacher Jenny Croom.

Jenny is Bert Siede’s daughter and while Bert is no longer with us, the Memorial Prize recognises his love of painting. “When Dad came to Noble Manor”, explains Jenny, “knowing his interest in painting I suggested we could perhaps paint together. In a short time there were other residents interested too and soon we had a regular class underway.



The exhibition included the annual Bert Siede Memorial Art Prize for the best piece of art submitted and the 2009 prize was awarded to resident Peter Highland.



Residents who participated in the exhibition also received a certificate acknowledging their efforts. Attending the Art Exhibition prize evening were Jenny Leaper (Director) Ingrid Williams (CEO), Tim Humphries (Executive Business Services) and Alistair Henderson (Business Development Manager). Thank you to Penny Anderson for co-ordinating the evening.



The art classes have gratefully welcomed the help of students completing work placements. As class numbers have grown, Jenny’s talents have been stretched so with some keen students on hand, residents have some extra artistic help when needed.

Lifestyle Team



HOMEWOOD

Update from home(wood)

I trust that everyone had a wonderful Christmas and a very wet enjoyable New Year.

Let's reflect on the year that was.

We welcomed new residents and staff to Homewood and look forward to continuing the fantastic atmosphere we have here.

We all felt the effects of Black Saturday's disaster and were amazed at the strength shown by Australians during this time. Our own residents contributed to the survivors of the bush fires by knitting squares for rugs.

Homewood completed their accreditation and passed all 44 outcomes with flying colours.

Swine flu was prevalent in the media which caused concern for both residents and staff. We had no cases to report and continue to have no cases of swine flu at Homewood.

There was a request for evening Resident Support Group meetings which were organised and will continue in 2010 being held every three months at 6.00 pm.

We also launched our Supper Club which has been a hit for residents, staff and families. These will continue in 2010 (2nd Wednesday of every month).

Our first Mothers Group commenced in February and all too quickly our babies grew up and had to leave Homewood. We are hoping for a new group this coming year.

We celebrated our Resident Christmas party on 17 December 2009 and had a fantastic time and so did Santa! I would like to thank the lifestyle team and Vision catering for a wonderful afternoon.

Now that Christmas and New Year are over, it's almost time to enjoy Easter. How time flies.

*Lisa Bonney
Clinical Services Manager*

Congratulations

Congratulations to Lisa Bonney from all at TLC Aged Care on the birth of her new granddaughter Shaeley Anne Smith, born on 12 January 2010.



Deb's catch up

Hello once again. I can't believe 2009 has passed by already, the time is certainly going very fast. We have been keeping busy at Homewood and having lots of fun. We enjoyed lots of exciting times leading up to Christmas.

We were entertained by one of our regular entertainers, Kerry Suttie, with help from her friend Helen who played the piano. We were also entertained by one of our favourite entertainers, Eddie James. Everyone enjoyed the regular songs as well as the Christmas carols.

We also had a big crowd for our Christmas Supper Club with Alistair. We had a little bit of help from some of our staff and one of our residents joined Alistair with his harmonica. Walter Andrew kept the audience captivated with his music and everyone joined in singing as they all knew the tunes he was playing. A fantastic night was had by all as you can see by the photos. Family members joined in singing Christmas carols with their loved ones and had a wonderful night. We would like to thank Alistair for providing the music that everyone enjoys so much.



We also had a visit from Santa on the night. Everyone enjoyed chatting, receiving lollies from him and having their photo taken with him as you can see here. A wonderful night was had by all and it was talked about for days afterwards - always a good indication that everyone enjoyed themselves.



We had a fantastic turn out for our Resident Christmas party and everyone joined in with our entertainers The Merry Makers singing Christmas carols and laughing at the antics of Santa. The entertainers at times had to try to stop themselves from laughing while Santa was dancing. Jenny Leaper was a special guest attending the Christmas party and she thoroughly enjoyed the afternoon of song and laughter. Everyone enjoyed singing and laughing and receiving a gift from Santa. We would like to thank the catering staff for providing a lovely afternoon tea.

We had a fantastic response to the Christmas raffle this year as you can see. We had over 20 prizes to give away. Everyone was waiting patiently hoping their name was called to win a prize. We would like to thank all those people who donated towards the raffle and those who purchased tickets.



We have been out and about again as you can see and everyone who goes on the bus trips thoroughly enjoy them. Whether it's down to Frankston Pier for morning tea or Lysterfield Lake for a sausage sizzle lunch, they all enjoy getting out and enjoying the sunshine and the company of the other residents in a different environment from the facility.

We would like to welcome aboard our new Lifestyle Assistant, Christine Paydon. Chris is settling in well and the residents are getting to know her and enjoy her company.



Until next time, keep busy and have fun.

*Debbie Moss
Lifestyle Co-ordinator*

Hip hop

Christmas is a wonderful time of year. Sunlight's annual resident, family and friends Christmas afternoon tea was truly celebrated in style once again in December. Scrumptious food, family and entertainment made for a joyous afternoon. For those who attended, much to my surprise, found that myself, along with Jenny & John Leaper and Peter Duggan, became part of the entertainment with some very interesting dance moves. Each year this occasion gets bigger and bigger and it is a lovely experience to see our residents enjoying themselves with their loved ones at this special time of year.

With Christmas now behind us and the New Year celebrated, it is on with 2010. I'm sure everyone has been thinking about their New Year resolutions, not that they last for very long. Isn't it lovely to start the year afresh with new ideas and plans for the forthcoming 12 months.

Towards the end of last year we kick started our monthly Supper Clubs. These evenings are enjoyed by residents, family, friends, and staff and are held every second Thursday of the month from 6pm - 8pm. These have been a huge success. Many thanks to Alistair Henderson (Business Development Manager) and his wonderful singing and musical talents. These are very enjoyable evenings with all welcome and light supper provided. February Supper Club will be extra special and further notices outlining details will be posted within the facility.



Congratulations to Nicola Davis and Janine Mackie on the safe arrival of their beautiful baby boys. We have another baby on the way in the very near future and we wish Bobby Kaur all the best for the safe arrival of her baby.



Thank you to all our devoted and hard working staff, including catering and cleaning staff. You all do a fabulous job which is very much appreciated by management, residents and families.

*Jacky Robinson
Clinical Services Manager*

Captured memories of 2009

Sunlight welcomes 2010 and farewells 2009. Sunlight residents have had some wonderful happy memories in the year gone by. Memories of people we have loved and farewelled, new friendships that were formed and old friendships that remained precious.

We would like to share Sunlight's captured memories of laughter and fun times of 2009. Among them were concerts, Whittlesea cruisers line dancing, St Pat's Day celebrations, yearly dinner dance, poetry hour, valuable hospital support visits, belly dancing demonstrations, Grand Final day fundraiser BBQ with the presentation of "Adam's Trophy", return of the motorbike display with Harley Davidson motor trike rides, country bus drives, visits to Simpson Barracks army museum, Rivers nursery, Whittlesea Bowling Club, Arts Centre and viewing the Christmas lights. Precious community school visits and spring racing carnival celebrations were welcomed.

Sunlight's Christmas party was a barrel of fun when TLC's Business Development Manager, Alistair Henderson announced that TLC's owners Jenny & John Leaper, Executive Properties Peter Duggan, and our Clinical Services Manager Jacky Robinson, would be joining the ageing rap dancer on the dance floor.

All participated and laughter erupted. Santa arrived with a ho ho ho which added that extra touch to the Family and Friends Christmas party. Tables were decorated beautifully, Christmas music filled the air and the food and service was superb. The spirit of Christmas was certainly at Sunlight that day. Family and friends who attended all commented what a wonderful fun day it was.

Last but not least, Sunlight's monthly Supper Club has proven a great success and is going from strength to strength. Supper Club is a night of great entertainment and fun. Family are encouraged to attend, you won't regret it. Come along and join your family member for a great night.

Lifestyle would like to thank family, friends, volunteers and staff for their support in 2009.

"Life is not tied in a bow but it is a gift"

Blessings for 2010.

Yvonne Kringle & Lifestyle Team





FOREST LODGE

Flodgers? read on...

Happy New Year to all and welcome to the last year of the first decade of the 21st century!

In true style, Forest Lodge residents, relatives and staff (affectionately dubbed as "Flodgers") welcomed 2010 with multiple celebrations that commenced with a beautiful Christmas lunch followed by several New Year's Eve and New Year's Day parties.

We were very pleased to have been able to facilitate Christmas Day outings for a large number of our residents who opted to celebrate Christmas with their families and friends away from our facility.

A special thank you must go to all our wonderful staff and in particularly to Lifestyle staff, under the co-ordination of Bianca Nevodinski, for preparing and arranging the decorations and assisting our residents during the festivities.

These last six months of my tenure as Clinical Services Manager of Forest Lodge seem to have gone by more rapidly than expected and have proved to be full of new and interesting challenges.

We have numerous quality activities on our agenda and we are looking forward to working very closely with our various service providers, our partners from the Support Centre and our residents and relatives, who have been generous in their feedback regarding our care and dedication. Only through regular feedback will we be able to continually improve and ensure that the core values of TLC are upheld.

A special welcome to several new staff members whose presence will assist in building a team of new and regular members that will embrace our quest to become the best providers of quality aged care in the industry.

I would like to thank everyone for supporting and embracing the new direction that we have embarked upon. I look forward to a new year of great achievements in all aspects of our service.

*Kathy Devitt
Clinical Services Manager*

Volunteer Profile

James O'Rourke spends every Monday and Thursday with us here at Forest Lodge. James migrated to Australia in 1974 from Liverpool, England. James is semi-retired. James assists our lifestyle department on Mondays by running our Hoy Group in the Mahogany wing and playing quiz master in the Daintree wing. On Thursdays James provides our residents with some very important one-on-one time and also assists our lifestyle staff with art and exercise groups. Residents always look forward to James' company as he has built a fabulous rapport with our residents at Forest Lodge. James is a great example of all the qualities you could wish for in a volunteer - he's funny, dedicated and most of all a very caring person. Thank you James for all that you bring to Forest Lodge.

Resident Profile

Resident Des Burke has been a regular at the lifestyle office for quite some time. Des runs the Tattslotto syndicate and if wishing alone could get us over the line to win, I think we're in with a chance. Earlier in his career Des was the coach for the Australian Veteran Cycling Team, even travelling overseas to Switzerland to coach the team to glory. Des is an avid union man and respects

the Australian political system immensely. Des has a fabulous sense of humour and we have all been the recipient of one of his famous one liners (me especially, as he finds blonde jokes the most amusing!) Des is also a regular at our Monday bingo session and a keen quiz participant. Currently Des is happy to watch the tennis and cricket as he is a life long fan of both sports.



*James O'Rourke
pictured here
with Des Burke*

lifestyle@forestlodge

Frankston festivities

The lead up to the Christmas party was very hectic but on the day the results spoke for themselves. We had over 130 residents and family members in attendance with the room decked out a treat, thanks to the hard work of the residents with their table centre pieces. The function was officially opened by Kathy Devitt, CSM, where she took time to thank CEO, Ingrid Williams, and Executive Operations, Maree McCabe, from Support Centre for their attendance. Kathy also thanked all families and residents for their fabulous turnout and all Forest Lodge staff for their continuous efforts to make Forest Lodge the best it can be for the residents.

The afternoon started with the Music Makers with a few golden oldies with the mood of the crowd soon turning to dancing, singing and a good glass of red (well maybe that was just me!). The Forest Lodge Christmas Challenge was launched around 3pm with some very enthusiastic residents and families accepting our challenges with gusto. The eventual winner of the Forest Lodge Christmas Challenge was resident Aureen Clarke who took out the challenge with a record 515 points! Aureen's prize was two beautifully handcrafted Christmas angels (made by our very own Helen).



The party was a great success and we would like to thank all those residents and family members who took the time to fill out our Forest Lodge Best Practice forms to compliment us for the day's events.



Cup Eve Ball

Melbourne Cup fever hit Forest Lodge on 2nd November. The room was aglow with silver and white, the light was low and intimate, the music was playing, the ladies looked amazing, all the staff looked lovely, and of course, the gents scrubbed up alright too. Our ladies had been preparing for weeks in advance with their fascinators which were exquisite. A big thank you to Linda and Barb who literally were chained to the hairdressers all day to make sure all was in readiness for the ball and it was worth the effort. We ran 9 sweeps and Cameron (resident Nancy Halihan's nephew) won the generously donated massive gift basket supplied by First National Real Estate of Frankston.

We can't thank the staff at Forest Lodge enough for their generous contributions to our evening and especially the care staff and catering staff who came in to volunteer their time to ensure the evening ran smoothly for everyone.

Forest Lodge would like to take the opportunity to acknowledge our newly forged community partnerships. Firstly, First National Real Estate for their generous donation of two gardening tanks that they also filled with soil and sourced the seedlings through Chris and Maree's Plant Farms. Thank you to Gary in maintenance for all his hard work and support to help us install the tanks (it was a 35 degree day that we decided to fill the tanks with dirt). First National has also donated a total of 50 water bottles and our massive gift basket for the Cup Eve raffle. Secondly, we would like to say a big thank you to Blue Scope Steel for their generous donation of 5 more gardening tanks (now we just need to fill them - anyone?). Thank you to Judith Heeps (Celebrant) for generously donating her time to officiate our Forest Lodge memorial service. Lastly, thank you to Bunnings warehouse in Frankston for their generous discounts and their wonderful art programs.

Cafe

We are very excited about our new coffee machine installed by the Xpresso Delight Coffee Company. The coffee is fabulous and has drawn quite a few "real" coffee drinkers to the cafe. A cup of espresso, cappuccino, long black, flat white or a hot chocolate can be purchased for \$2 from the machine. The feedback has been very positive and we hope we will be enjoying our coffee for some time to come.

Emergency Planning

As part of TLC's commitment to ensuring the ongoing safety of our residents and staff during the summer months, we have developed some new policies and procedures that assist us in responding appropriately to any fire danger warnings that may be issued by the Bureau of Meteorology. All our homes are located in the area of Victoria known as "Central" with none identified as being in an at risk area, and as such, the likelihood of our homes being affected by fire is very low.

In the unlikely event however that there is a need to relocate residents to a safe place, for example, due to prolonged periods of no power as a result of a heatwave, we are prepared.

We are now in the process of testing our procedures, with a number of relocations recently undertaken which went extremely well. Part of the procedure details how we will communicate to family and friends of loved ones and where applicable we will be using a mobile phone SMS service to keep you updated. I would like to take this opportunity to acknowledge all the staff who have been involved in assisting with this process, it has been invaluable.

Ingrid Williams
Chief Executive Officer

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 Vic 3200	9773 5888

QUESTIONS? COMMENTS? FEEDBACK?

TELL US WHAT YOU THINK OF OUR NEWSLETTER! WE WELCOME ALL FEEDBACK.
DIRECT ANY RESPONSES TO: office@tlcagedcare.com.au

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