

Let's face it !

Years of Service

In February this year we had a very successful Years of Service Ceremony. It was wonderful to be able to acknowledge the years of service that staff have contributed to TLC Aged Care. John & Jenny Leaper presented the certificates along with Robert Livy, one of our Board members. Tim Humphries was the MC for the evening and both Ingrid Williams and Maree McCabe, who are members of the executive team, received certificates.

Nurses' Expo

TLC Aged Care had a stand at the Nurses' Expo on Sunday, 18 April. This provided us with an opportunity to tell nurses about TLC and why it is a great place to work. In the spirit of progressive IT and environmental responsible, we decided to have all our application kits and forms put on a USB stick. We had them shaped like a nurse, dressed in our corporate colours and our logo on the front.

Changes in Deeming Calculations and Income Tested Fees

You may be aware that the Income Tested Fee is a government fee which TLC collects on the government's behalf. Under recent changes some people have become eligible for a fee reduction and in some circumstances this has also lead to an increase in their age pension entitlements (or they have qualified for an age pension for the first time).

TLC Aged Care is not permitted to offer financial advice to our residents but we don't want anyone to miss out on the opportunity to reduce their fees or increase government entitlements. We would encourage anyone paying an Income Tested Fee or more than \$5 per day to contact their Financial Planning Advisor. Alternatively you could contact: Aged Care Financial Services on 1800 243 322 or Lifetime Planning Pty Ltd on 1300 781 586 and talk to an Aged Care specialist about your circumstances.

Facebook Page

TLC Aged Care has a few Facebook page! This was as a result of the marketing group coming up with a great idea. It provides a wonderful opportunity for us to communicate with residents, families, friends and staff about what is going on at TLC Aged Care.

We have 108 fans and we encourage you to become a fan and keep up to date with the activities that are going on at all our homes. Read more about our Facebook page on the back cover of this edition of the TLC Times.

Ingrid Williams
Chief Executive Officer



Inside this edition:

♥ What a team	Page 2	♥ Together again	Page 12
♥ Happy birthday	Page 6	♥ Lest we forget	Page 16
♥ Love is in the air	Page 9	♥ Hats off to you	Page 19
♥ Going green	Page 11	♥ TLC facebook	Page 20



HOMESTEAD ESTATE

The Combined Newsletter Section for The Homestead & Homestead Lakes

What a team

Congratulations to all our wonderful staff on the successful support visits by the Standards & Accreditation Agency at both sites in February 2010.

Congratulations to staff members who received Years of Service awards at the ceremony held at Leonda by the Yarra on 25 February 2010.

TLC Team Member of the Year

We are very proud of Vicky Parker from Homestead Lakes for winning the TLC Team Member of the Year. A great achievement, well done. Vicky is a Personal Care Attendant who has been working at Homestead Lakes for five years.



Vicky pictured with Ingrid Williams, and Jenny & John Leaper after receiving her 5 years service certificate & the TLC Team Member of the Year 2009 Award

The Homestead

Supper Club is held every 3rd Thursday of the month (1.30 pm - 2.30 pm at The Homestead and 6.00 pm - 8.00 pm at Homestead Lakes). Families and friends are all welcome to come along to join in the singing and dancing. It is great fun and brings a lot of very happy smiles to many faces.

An Anzac Day service was held at The Homestead on Friday, 23 April at 11.00 am. Many residents, families, friends & staff attended.

Congratulations to Rachel and Stephen Smith on the arrival of Georgia Violet on 28 January 2010, weighing 8 pounds.



Glyn Craig, our maintenance person, retired on 28 January 2010 and we held a celebration for him at The Mex in Ocean Grove on Friday, 12 February 2010. Many staff attended to congratulate him on his years of service and to wish him all the best for his travels around Australia.

Homestead Lakes



Exciting new changes at Homestead Lakes over the last few months have been completed. The new hairdressing salon is bigger and located towards the back of Dorset. The new nurses station is operational, providing a central area for resident and family access to care staff and a more efficient work area for care staff. Seven bedrooms in Suffolk have had their carpet replaced with vinyl.

Changes took place to our food service on 12 April. Medirest are now responsible for all the food services from the kitchen to the resident. This will allow TLC care staff to have more time to carry out resident care.

*Fran Durham
Clinical Services Manager*

news@homesteadestate

Acknowledgements

Congratulations to the Team Members of the Month

Homestead Lakes

February

♡ Natalie Rewa-Morgan

March

♡ Toni Brew

♡ Lesley Chellew

The Homestead

February

♡ Helen Flaminiano

March

♡ Joe Troop

We welcome our new staff members to the team

Homestead Lakes

♡ Victoria Gibson - RN Div 1

♡ Mauren Ladd - RN Div 1

♡ Annette Myers - PCW/Lifestyle

♡ Michelle Carlon - PCW

♡ Kelly Hardham (welcome back) - PCW

♡ Faye Scolfield - Lifestyle

The Homestead

♡ Victoria Gibson - RN Div 1

♡ Lucy Holahan - RN Div 2

Resident of the Month

Homestead Lakes

♡ January - Joyce Wickham

♡ March - Peg McPadden

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

Homestead Lakes

♡ Emily Muller

♡ Chris Metcalfe

♡ Kathryn James

The Homestead

♡ Chris Metcalfe

♡ Stephanie Alsop

♡ Kathryn James





HOMESTEAD ESTATE

lifestyle@homesteadestate

The one that got away

Homestead Lakes

Members of our Men's Group had a lovely day fishing off the Portarlington Pier. Despite our enthusiasm and expert fishing advice from Tony Taylor, luck was not on our side this time. Thank you to Tony for the donation of fishing rods and chairs for our outing.

A thank you to both Mrs Green and Mrs McPadden for their entries in the knitted toy section of the Bellarine Agricultural Show, held in Portarlington in March. All the items judged were divided up into categories, of age and abilities. Mrs Green received an honorable mention in the 100 years of age section and both their works received chocolates for competing.

Our Easter raffle was drawn on 1st April. First prize was won by Kathryn Jursak (Lifestyle) and second place was won by one of our respite residents.

Homestead Lakes Physio Update

How kind the weather has been to our Walking Group over summer. We have enjoyed getting out twice weekly and walking on designated walking tracks in Point Lonsdale, Ocean Grove and Queenscliff. We all benefit immensely both physically and psychologically and all residents are always so appreciative of this opportunity. One person in particular loves to take off her shoes and socks and feel the sand and the salt water under the feet. We can only hope the approaching winter will not be too severe as we don coats, scarves and good footwear and brace ourselves as we walk ahead on into the cooler months.

The Homestead Physio Update

The Homestead has been fortunate to engage in a new chair based exercise session run by John O'Halloran who is an accredited and registered personal trainer specialising in older adult fitness.

The session begins with warm up exercises and stretching of all major muscle groups. Exercises with light hand weights and varying size balls are used for strengthening.



Using his knowledge, John presents quiz questions and facts to the group. This in turn enables the residents to identify their levels of knowledge. This exercise aids with brain stimulation and memory. This has been an effective and beneficial session giving residents an improved sense of wellbeing and positivity. We all look forward to many more sessions in 2010.



HOMESTEAD ESTATE

lifestyle@homesteadestate

Dance for your supper





THE BELMONT

Happy birthday

Well here we are again. Easter has come and gone, but I think we are all still trying to eat our way through mountains of chocolate (or is that just me?)

Everyone has noticed our lovely new gazebos down in the courtyards in Craig. Well done to Derek and Megan for getting it all set up and looking lovely and inviting. I have seen a couple of residents sitting under the gazebo having a picnic lunch with their family. It's great to see the area being used. The other courtyards haven't been forgotten, with plans to erect gazebos in several more areas, making them a great area to sit and chat with friends or family, sit and read a book or paper, or to just sit and enjoy the fresh air. Plans are underway for our memorial garden in the Sutcliffe courtyard, with thanks to the generous donations of past residents' families.

I would like to congratulate Thelma Nicholson on her 100th birthday on 4 April 2010. We had a fantastic afternoon celebrating three 100 year old residents at the "300 not out" afternoon tea.



It was wonderful to see everyone joining in the festivities and singing along with Alistair and Ben. I still don't know why it is always me that ends up dancing around the room though - but with loads of practice, I really have got the hang of this Home among the Gum trees' bit now!



Plans are well and truly underway for the building of the new lifestyle/physio offices in Craig unit. Work is expected to start in two weeks. The staff are looking forward to having some extra work area and storage place.

I'm sure everyone was aware that I went on leave for two weeks of April. I went "deep in the heart of Texas". I surprised my long time friend at her 80th birthday party. I even tried on one of those big stetson hats that everyone associates with cowboys while I was there!

See you all when I get back.

Cheers

Claire Fry
Clinical Services Manager

lifestyle@thebelmont

Tied up in knots

What's been happening at The Belmont? Well, where do we start....

We've had lots and lots of entertainment ranging from the Ladies Choir who joined us for our St Patrick's Day celebrations, to John on his keyboard on Friday afternoon at Happy Hour.

St Patrick's Day was a great celebration for all residents and staff. Staff really got into the spirit of the day dressing in traditional "Riverdance" costumes and varied other Irish costumes. The day was capped off in fantastic style with entertainment by the Ladies Choir.



Our knitting group is knitting up a storm, with all the finished products being donated to local charities. Congratulations to everyone involved.

Bowls is off and running with the in-house competition between The Belmont and other TLC homes in the area. Our first official competition started on 6 April with residents from other homes being welcomed to The Belmont. As always, the competition is fierce! Practice sessions for the competition take place on Thursday afternoon, and the competitors are all very determined to win. Everyone is welcome to join and it's great to see so many people involved.

Our bus outings and lunches out continue to be a great success and are very popular with the residents. We all love to go out for a bus ride down to the Surf Coast, the countryside, and even a drive around the city. All participants have a great time and enjoy themselves talking to each other about the different things they have seen.



Our Wine & Cheese Night was a success thanks to everyone who attended. There were some lovely wines available for tasting. Some of our residents even came in to sample the wine and cheese and enjoy the entertainment provided by Ben.



We continue to get some great suggestions for lifestyle activities, and it's wonderful to get input from residents, families, and staff for some new ideas for resident activities - now to start putting it all into practice. Watch this space for all the goss!

Lifestyle Team



Work of art

It has been a very busy start to the year and as you can see from the Lifestyle section, Marina has been a hive of activity with positive feedback from many of our residents and their families.

We also hear a great deal about the activities that take place on the weekends at Marina, especially the art classes and we held our inaugural Evening of Art on 14 April 2010.

Congratulations to Sharon Oats and Ann Short on successfully completing the AWBT Diploma of Management.

Congratulations to the Marina staff members who received their 5 years & 10 years of service awards on 25 February.

Sarah Deering (Neptune Team Leader) is a new mum. She has a healthy baby boy and we expect her back in the very near future.

Welcome to the new staff who have joined the Marina team. I wish them well and hope they find working at Marina rewarding.

Congratulations to our nominated Team Members of the Month:

January: Irma Makarewitsch
Jacob Madden
Leanne Smith
Amanda Thompson
Nor Wen

February: Tigiste Abebe, Fifi

March: BB (Team Leader Atlantis)
Judy Reid
Cindy Attard
Elizabeth Bell
Irma Makarewitsch
Leanne Bonnici
Penny Davey
Charitee Campbell

Jane Elliott
Clinical Services Manager

STAFF PROFILE - Anne Sirett

Personal Care Worker at Marina since 2002

Nicknames: Always called Angie as a child - I hated it

Wonderful news: My adopted mum passed away at the age of 92.

My adopted dad, who was a resident at Marina for a short time passed away at the age of 87 in 2008. At this stage I believed I was an only child adopted at 3 1/2 years of age. Since my adopted parents have died I have found my real family. I have now met my brother and two sisters and have yet to meet my two step-sisters, one lives in Tasmania and the other Perth. Most of this new family got together on Valentine's Day & had a great time socializing, catching up and enjoying the bbq - there were 51 of us.

Useless fact: I'd rather come to work than have holidays

When I was a kid: I took the local kids to the pictures in Fitzroy

Most valuable advice ever received: was from my kids - you are never too old to learn. They kept telling me this when I started by PCW course at 54 years of age.

Most people don't know: I am a four-eyed doggie supporter.



Love is in the air

A very warm and sincere welcome to all our new residents and their families.

Love is still in the air at Marina - chicken, pavlova, wine and romance all make for a wonderful recipe for romance which was very evident between our lovely couples on Valentine's Day.



Marina residents have engaged in fortnightly art classes with Lifestyle Assistant Antonia. What initially began as a small group of residents learning about the history of art and abstract expressionism soon developed into an increase, not only in numbers, but also in enthusiasm and a willingness to further explore their creative and artistic expression, which culminated in Marina hosting its first art exhibition - well done!

Residents at Marina continue to engage in various activities of choice that are on offer. Such as happy hour, tai-chi, exercises, craft, aqua-aerobics, church, bus outings, hymn singing, cooking, news discussion, quiz, bingo, concerts, beauty therapy and the list goes on.

We look forward to bringing some new and exciting activities for the rest of the year.....stay tuned.

Until next time...

"When I was young, I was frightened I might bore other people - now I'm old I am frightened they will bore me."

(Ruth Adam)

Lifestyle Team

60th Wedding Anniversary

Jack & Dorothy Lindsay are residents at Marina. Last November they celebrated their 60th wedding anniversary at Marina and the staff assisted greatly in making it a very memorable day for all. They received letters from the Queen, Prime Minister, Premier of Victoria, and Governor.

A very special thank you to personal care attendants Kerry & Pat in Pacific and all the wonderful staff who care for Mum & Dad.

Pictured here is Jack & Dorothy with 5 of their 8 children.





THE NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

Welcome Kate

Another busy quarter at Noble Gardens!

There have been some recent changes in personnel at Noble Gardens with Nancy Oosterhof resigning in March. On behalf of our residents and staff at Noble Gardens I would like to thank Nancy for the work she has done there and our very best wishes to Nancy for her future plans. I would also like to thank Mirsada Dziho for stepping into the role until the newly appointed Clinical Services Manager commenced.

Kate Kelly commenced on 19 April 2010 as the Clinical Services Manager for Noble Estate and we are currently advertising for a Clinical Care Co-ordinator for Noble Gardens. This is a newly created position that will be based at Noble Gardens to support the Clinical Services Manager and to support staff managing resident care.



*Kate Kelly, CSM Noble Estate
enjoying Supper Club*

Sam Lufa is the recently appointed Lifestyle Co-ordinator and is already making a difference to activities. Noble Gardens also welcomed Maintenance Officer Mario Paganella to the team at Noble Gardens.

We were recently notified that accreditation for Noble Gardens is scheduled for 30 June to 2 July 2010. Staff are busily preparing their areas.

Residents in Rose unit are enjoying the new colours in the sitting rooms and plans are underway to also paint the dining room. The new curtains in the dining area in Gardenia are a welcome addition and have brightened up this space.

There are a number of our staff who now have relatives residing at Noble Gardens and we are delighted with this family atmosphere. Currently there are staff with relatives as residents in our home with their grandmother, great aunt and father-in-law & aunts.

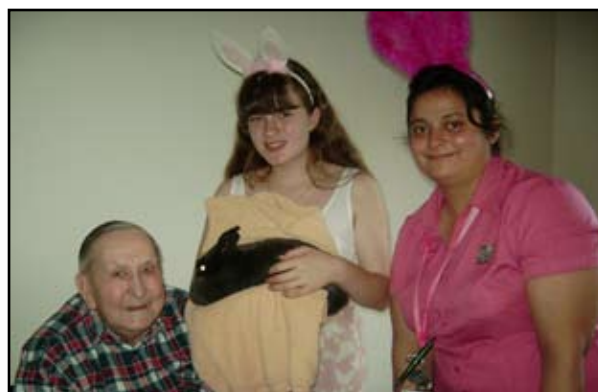
I look forward to working with our team to ensure that your home is the best place to be.

*Maree McCabe
Executive Operations*

news@thenobleestate

Going green

Both homes celebrated St Patrick's Day by decorating the facilities in shamrocks; residents and Maninder made leprechauns out of lead lighting and they were displayed around the facility on different window surfaces. We have a photo of one of the leprechauns that looks like it is sitting in the bushes outside. It looks great.



Noble Gardens also had a special afternoon tea and an Easter quiz with an easter bonnet parade.

At Noble Manor we had a morning tea and St Patrick's Day quizzes and jokes. Noble Manor had real bunnies to take around the facility. Angela (Physiotherapist Assistant) brought her children along who were holding the bunnies and our Lifestyle staff walked around with the children and gave our easter eggs to our residents. Lots of fun was had by all.

As well as decorating the facilities we both had St Patrick's Day quizzes that the residents enjoyed immensely. At Noble Gardens we had pots of gold that each resident could pick from when they got a correct answer. In these pots were gold chocolate coins and little chocolates. This made it extra fun to win the quiz.

Easter Celebrations

Both Noble Gardens and Noble Manor celebrated Easter early. Noble Gardens was decorated with balloons and streamers, and due to unforeseen circumstances our Easter Bunny did not turn up so we ended up dressing up our "Sikh" Lifestyle staff member in a bunny costume made by the residents and he along with a student delivered easter eggs to all our residents.

New Activities

All residents are enjoying the new activities at both homes.

The Wii game at Noble Manor is going extremely well and the residents are improving all the time at the games.

At Noble Gardens the residents are enjoying lead light painting. They are using lead light painting to portray whatever celebration we have coming up.

Sam Lufa
Lifestyle Co-ordinator



THE NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

Together Again

Hello and what a wonderful year we have had so far at Noble Manor.

The Years of Service Ceremony was held in February. A special congratulations to Rebekah Howell from Noble Manor who reached five years service at TLC. It was wonderful to see all of the staff who were recognised for their commitment at TLC and those who came along to support and join in the celebrations.

Congratulations to the Team Members of the Month:

January	Manju Chellappan Kellee Price
February	Joyce Milway Lilibeth Aliwalas
March	Brian Taylor Sam Lufa

I would like to welcome the wonderful new staff who have commenced at Noble Manor. Included in these are Team Leaders Michele Smith and Peter Morris, and Maintenance Officer Brian Taylor. Sam Lufa, who most of you know, has accepted the position as Lifestyle Co-ordinator.

All new staff are making their presence known to residents and their families. I wish all of the new staff well and know that everyone has made them most welcome.

We have had some recent departures. Team Leader Anna Furlong and Lifestyle Co-ordinator Penny Anderson are two who are missed.

Congratulations to Anna who is on maternity leave after giving birth to a baby girl, Mia Jean.

Noble Manor was able to help a couple by bringing them together for their 63rd wedding anniversary. The couple had been separated due to illness and were admitted into the facility together. It was wonderful to see the couple reunited in time for the anniversary.

Noble Manor is now in possession of a Nintendo Wii and it is being used as an activity for the residents. The residents give the game a glowing report and it certainly looks like loads of fun. Please refer to the Lifestyle report for a full update.

Another social highlight at Noble Manor is the ongoing Supper Club.

We are all very grateful to Alistair Henderson for his ongoing success with this super event.

Have you all registered on Facebook? If not you are missing out. Facebook is a wonderful way of keeping up with the social calendar at the Manor and the other TLC homes.

*Benita McDonough
Clinical Services Manager*

news@thenobleestate

Fun & active



Did you say Easter egg - no

Once again I sit here at my desk preparing another article for our now much loved and anticipated TLC Times. The difference today is my chair seems to be moving further from my desk. Maybe it is the mountain of chocolate I am STILL consuming after Easter. My big question for this edition is "Why does chocolate taste sooo much better when it is shaped like an egg?"

Once again we held our monthly Supper Club and I was lucky enough to have five generations of my own family present.



Our Supper Club gathering is attracting some new and fresh talent as we were wowed by the talents of one of our staff member's daughters, Kiarna Suter, who has done all of five singing lessons and sung a truly beautiful song. Watch out Alistair because I heard the residents ask when Kiarna will be back! Well done and thank you. We hope to hear from Kiarna again soon.

Congratulations to the staff members who received Years of Service Awards in February 2010.



Congratulations to Andrea Stephens, Deidre Rumble, Caroline Herft, and Trish Lanksch, who are our Team Members of the Month and all well deserving of this recognition.

I expect that the days will start to cool significantly now. Family members taking their loved ones out of the facility for the day are asked to please remember to take a jumper and/or coat and hat as our residents feel the cold enormously. Please ensure they are warm.

Remember there are only 245 sleeps until Santa comes again. Take care and look after each other.

*Lisa Bonney
Clinical Services Manager*

EVENTS TO REMEMBER

Supper Club is the 2nd Wednesday of each month from 6pm
(all hidden talents are welcome)

Happy Hour once a week at 1.30 pm
Check the Activities Calendar as the day differs from week to week

Resident Support Group Meeting is held the last Thursday of each month.



Entertainment everywhere

Hello once again, isn't the time flying past. Easter has come and gone. We hope everyone enjoyed fun times with family and friends, and of course enjoyed the yummy chocolate that is Easter.

We have been very busy at Homewood over the last couple of months and have been enjoying some wonderful new entertainment and lovely outings on the bus. We enjoyed entertainment from Janene Joy, a new entertainer to Homewood with a wonderful voice and lovely costume and props as you can see.

We were entertained by a lovely lady by the name of Gayathrie. Her husband Bill accompanied her on the keyboard and piano, and everyone thoroughly enjoyed her singing and her costume was beautiful.



They were here the afternoon we had Greg Salter entertaining. They all joined in the fun as you can see.



The students, teacher and helpers all enjoyed themselves immensely and have told the other grade classes how much fun they had and the other classes want to come to Homewood so that has been organised. The children also joined in the fun of St Patrick's Day and enjoyed getting prizes when the resident they were helping won a game of bingo. Our residents have enjoyed the children coming to help and likewise the children have had fun. It has been a good experience for everyone concerned and very worthwhile.

The Supper Club here at Homewood has gone from strength to strength and everyone enjoys the evening of entertainment and fun. The residents love it when the staff "make fools of themselves". The residents laugh and sing along and a fun night is had by all. Our bus trips continue to be very popular and everyone enjoys themselves no matter where we go. Wilson Botanic Park is always popular, as is coffee and donuts at Fountain Gate Shopping Centre, fish & chips at Tooradin, morning tea at Ballam Park at Karingal, ten pin bowling, and Morning Melodies at the Waltzing Matilda.

Until next time, keep busy and have fun.



We also had another new entertainer by the name of Greg Walter and everyone sang along to his songs. There was also a lot of foot tapping and clapping.

We had a group of grade 6 students from St Catherine's Primary School in Berwick attending our facility in March to assist our residents with bingo.





SUNLIGHT

Lest we forget

With 2010 well under way and public holidays to ease us into the year, we have said goodbye to daylight saving and we are kept on our toes with the freshness of Autumn.

February was very busy for our local community and residents of Sunlight, with the memorial services marking the anniversary of Black Saturday. We had Open Days on Saturdays throughout February and to get into the spirit for the Whittlesea Country Festival, our weekend entertainment took on a country music theme which was enjoyed by all.

Easter was celebrated and with wonderful weather, residents, staff, family and friends were really able to enjoy the Easter break.

Our monthly Supper Clubs held every second Thursday of the month continue to be a highlight with both residents and staff. "Home amongst the gum trees" staff rendition is a sight to see and has become the end of night tradition. Alistair Henderson (Business Development Manager) continues to wow the crowd with his amazing singing and musical talents. These are very enjoyable evenings with all welcome and light supper provided.

Anzac Day is probably Australia's most important national occasion. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the first World War. It is a day on which Australians remember the sacrifice of those who died in the war.

*They shall not grow old
As we who are left grow old.
Age shall not weary them
Nor the years condemn.
At the going down of the sun
And in the morning,
We will remember them
Lest we forget*



I would like to take this opportunity to welcome all new staff members and wish them well. I'm sure they will enjoy their time at Sunlight.

*Jacky Robinson
Clinical Services Manager*

STAFF PROFILE

Name: Simone Thomason-Carrafa - Lifestyle Assistant

Nickname: "Monie"

Commenced working at Sunlight: March 2007

Dream Holiday: Travelling around Australia

What don't we know about you: As a youngster I did Little Athletics & I used to win every race except hurdles, as I could never jump over them.

Most valuable piece of advice received: My mother always told me to treat other people the way you'd like to be treated.

Favourite food: Seafood

Collects: Shoes, jewellery, & sunglasses

CSM Comment: Simone is very well known with residents & staff for her smile and her wonderful ability to make everyone smile with her.



Boring...no way !

Who said aged care facilities were boring? Not our residents at Sunlight who enjoy a variety of entertainment, great activities and interesting outings.

Ongoing monthly Supper Clubs with our fantastic entertainer, Alistair Henderson, is an exciting evening for our residents. Entertainers such as Latin American dancers, rock 'n' roll and the famous Hip Hop dancers who graced the floors added to the atmosphere of the nights.

Celebrations of Australia Day with Steve & Cynthia in the Australia Day Variety Show was another great afternoon. Whittlesea Country & Western Festival found its way into Sunlight. With the facility decorated in the theme, residents sang along to the country and western entertainment. Sunlight organised a reflection hour for residents who wished to reflect on the Black Saturday bush fires. We acknowledge John & Jenny Leaper who attended and the foresight of Alistair Henderson.



Fun times of the St Patrick's Day celebration with our fantastic lifestyle assistants, Simone Thomason and Leonie Watts, dressed as leprechauns had our residents laughing in the Irish sing-a-long entertainment.

Whittlesea Cruiser Dancers showed us their fitness once again. What a great group of ladies!



Last but not least, we wish to acknowledge the giving spirit of our residents who decided to donate their easter egg money of \$100 towards the Good Friday Appeal. "We would prefer to give it someone who needs it" they stated in discussion in the Resident Support Group meeting. "I used to always give to the Good Friday Appeal and will feel good to be able to do it again" Beryl Cooke stated. Thus was born the idea of Sunlight's Donation Tree where residents can decide in the future what they wish to do with some of the fundraising money.



So until next time blessings from Sunlight's lifestyle team.



FOREST LODGE

Getting ready for cooler days

It is with great relief that we are welcoming the rain and the cooler days, in particular our budding gardeners who have been busy tending to our various sensory gardens here at Forest Lodge.

At the same time we wish to reflect upon the last several months of extreme weather and how fortunate we have been to live and work in this fantastic state of the art facility that as allowed us to carry on with our duties and activities without being affected by outside changes.

And busy we have been! Easter was a great success and the chocolates produced by our various volunteers did not last very long.

We continue with our recruitment drive for more new staff to ensure that we have a good core of permanent staff available to provide quality care to our residents. We managed to reduce our vacant shifts and have welcomed new staff across all shifts. We also have welcomed several new residents who chose our facility as their home above many others on the Peninsula, thus keeping us constantly fully occupied. We are very proud of the fact that our reputation is growing within the local community and we are establishing good working relationships with various service providers such as the Ambulance Services.

As part of our commitment to quality information systems we have recently introduced staff photographs with names and designations in strategic areas around

the facility to assist all our stakeholders with identifying our key personnel. We hope that this will facilitate better communication processes and easy access to the appropriate staff members.

With the warmer days almost behind us it is time to review, and indeed ensure, that appropriate garments are available for our residents to snuggle up in, once winter sets in. We would like to suggest that families start replacing summer clothing with winter gear. Please ask staff for assistance any time you may need to.

Please also continue to meet as scheduled with our Team Leader to ensure that you are informed about any significant changes in the wellbeing of your loved ones or do come and have a chat with me.

We are looking forward with anticipation to welcome everyone to our very first Supper Club in May, a TLC tradition that finally has reached us and we are dusting off our dancing shoes in preparation for this. Look out for the announcements and flyers coming your way very soon! Our invitation is extended to everyone. We are welcoming all rock-and-rollers. Can't wait to see you all on the night.

With warmest regards

Kathy Devitt
Clinical Services Manager

lifestyle@forestlodge

Hats off to you

We here at Forest Lodge are very excited with our new CAPS program. CAPS stands for Cognitive Activity Program and it relates directly to learning, recall and reasoning. We have only just introduced session 2 and are happily working our way towards session 3. The program is run on DVD and is displayed on our big screen TV's. The program goes through a range of activities including general knowledge, famous faces, odd one out and so on. Residents are given a printed sheet correlating with the questions and are encouraged to fill out their answer sheets; the answers are made available at the end of the session. Personally, I am always amazed and humbled by the treasure trove of information that is floating around the halls of Forest Lodge. Our residents have taken to our CAPS program like ducks to water with a wonderful attendance for the initial CAP 2 program.

Men's Business

Lifestyles' Simon has our men folk working up a storm for our Marine themed courtyard located between Daintree North and Mahogany. At this time Simon and the Mens' Group are working on our fish mobiles constructed from timber and wire. The fish are cut into shape with a band saw (offsite).



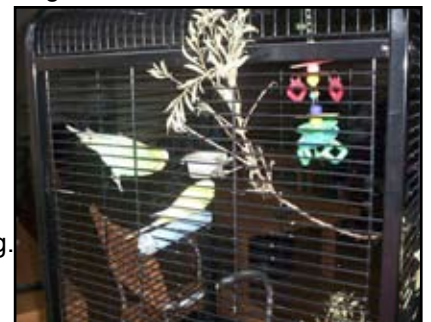
The Mens' Group then take the time to use a wire brush to create a distressed look, followed by a light sand around the edges. The finishing touches will be a clear varnish to enhance the wood's natural grain. The seashell mural will be commencing once the mobiles are completed. Thank you to all the men at Forest Lodge who have put their hand up to be part of this fabulous initiative.

Looking Forward

Drama, drama, drama! That is the new exciting catch cry in the Lifestyle Department at Forest Lodge. Starting at the end of April, we are commencing our intergenerational program with Flinders College. Our first six weeks will be taken up with rehearsals for our drama production (title to be announced). As always we are very appreciative of those residents who have volunteered their time to assist with costumes, set design, the choir group and those who are going to brave the stage!

Sunday Sessions

We are very pleased to announce that starting on 2 May 2010 we will be commencing our Sunday Sessions. The sessions will be run by our own Helen and our special guest, Alistair Henderson, from TLC Support Centre. Once a month Alistair will join Helen in our Mahogany dining area for a sing-a-long from 1.30 pm - 3.00 pm. Due to the nature of the day (Sunday), the initial idea is to run through a series of religious songs to re-inspire our religious experiences on the appropriate day. Following this Alistair will also commence a sing-a-long in the Sherbrook wing for the rest of the afternoon.



Budgie Bonanza

Presenting our two fabulous additions to our Daintree wing. This is Bet (green, on the wire) and

Cherry (yellow on the perch) deriving from the aboriginal word for budgerigar which is "betcherrygah". This usual definition of betcherrygah is "good bird" but it is stated on reliable authority that it is an old aboriginal dialect word meaning "good food". I am hoping that we won't have that theory to the test! Bet is currently the grown up in the cage with young Cherry only 7 months old. Our residents in Daintree are very happy with our latest additions, often taking the time for a chat with our two new friends.



TLC Facebook

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QUESTIONS? COMMENTS? FEEDBACK?

TELL US WHAT YOU THINK OF OUR NEWSLETTER! WE WELCOME ALL FEEDBACK.

DIRECT ANY RESPONSES TO: media@tlcpl.com.au

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