

Changes

Media Award

We were thrilled to be selected as one of the three finalists for an ACCV Award for Excellence in the Media category. The criteria for the award were the organisation's ability to portray a positive image of aged care. We were able to include in our submission a number of great stories about residents and staff. Thank you to Alistair Henderson and Jenny Leaper for the work they did to complete the entry, well done!

New Faces

It gives me pleasure to welcome Dr Jocelyn Small to the team at the Support Centre. Jocelyn's position is that of Manager - Projects. She is responsible for review and implementation of our Policy and Procedure system. Policies and Procedures are critical to ensuring a consistent and robust framework is available for all staff to use. The project is progressing well.

A couple of other new faces have joined the Support Centre team, including Engelina Burgess in the role of Receptionist/Office Manager, Rae Wallace in the role of Business Development Assistant, and Flor Agpawa who has joined the Resident Financial Services team.

New Voices

We are also very pleased to announce that all our facilities and the Support Centre have on-hold messaging. We hope that you don't have to be on-hold but if you do, you will now hear a great new message providing information about TLC and our services.

Ian Beach

It is with deep sadness to report that Ian Beach, who was the Manager - Facilities and Environment, died suddenly at the age of 58 in April this year. Ian was a dedicated and committed member of the team where nothing was too much trouble for him. He brought energy and enthusiasm to everything he did and he is greatly missed by everyone. Ian had been with TLC for 9 years and previous to this position worked as the maintenance person at Homewood.

Financial Software Implementation

We hope you won't notice when we change over to our new financial software but the implementation of a new financial software program has been an exciting project for TLC. It certainly will provide us with simple streamlined systems for monitoring and reporting which will greatly assist the staff.

Strategic Planning

It is important for any organisation to review and plan for the future. TLC is no exception. At the end of July the owners, the Board, and the Executive team will be meeting to discuss the plans for the future of the company. It is a priority that we continue to explore innovative ways to provide the best care possible to the community who needs aged care and our discussions will be about just that.

Ingrid Williams
Chief Executive



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tlc HOMESTEAD ESTATE

The Combined Newsletter Section for The Homestead & Homestead Lakes

Entertainment night

Winter is here again. Wind, rain, cold, occasional sunshine, green grass, footy, Wimbledon, Tour de France, World Cup, Christmas in July, and the list goes on. Many lovely events to enjoy and entertain us.

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

We are very fortunate to have Alistair and Ben come to entertain us each month for Supper Club at The Homestead (4th Thursday 6.00 pm - 7.30 pm) and Homestead Lakes (3rd Thursday, 6.00 pm to 8.00 pm). All the residents, families and staff, sing, dance and get great pleasure from this night of entertainment. Families and friends are most welcome to attend.

Families are welcome and encouraged to attend the Residents Support Group meetings. Dates are posted on the resident notice boards.

*Fran Durham
Clinical Services Manager*



EN-ABLE project

Homestead Lakes has just completed its participation in a six month research program conducted by Latrobe University. The aim of the project was the development and testing of a tool kit for the implementation and evaluation of person-centred, evidence based care, and responses to need driven behaviours, associated with dementia.

The champions were Megan Holmes, Jane Hamer, Rachel Smith, Mishel Pye, and Melissa Maher (who has left to relocate interstate) who was replaced by Toni Brew. The champions received dementia training and meetings were held monthly with the Latrobe University facilitator Dr Margaret Winbolt.

Eighteen residents in our dementia specific unit were recruited, complete with family consent. Each resident involved in the project had a booklet which has the research project documentation for staff to record their behaviours and needs driven responses and a personal life profile.

For the staff, attaining more personal knowledge about the resident had a positive impact. This was because it allowed them to see that they were not simply a resident with dementia but a person with a past, a history, a life and part of a family.

The personal interaction with families in which both parties had time to “talk” promoted a closer relationship between the staff and the families. This led to an attitudinal change amongst staff, who consequently developed a more empathetic approach towards the residents as they developed a better understanding of them as individuals. For many families and staff it was quite a cathartic experience, but many families found this a useful exercise in which they could discuss their fears and anxieties and indeed, it helped them understand many of the reasons for their loved one’s behaviour. Resident care became more personalised and more individualised and staff stopped to think “why” the resident was behaving in the way they were.

TLC Homestead Lakes’ involvement with the EN-ABLE project has given staff members a better understanding of residents’ backgrounds in relation

to their needs and a positive focus on person-centred care. The lifestyle and physio department along with the carers are united and working better as a team in the delivery of more person centred care to the residents. One of the most positive outcomes is that staff now concentrate on resident needs and not on the staff’s timetable. Involvement in this project and the subsequent education that has accompanied it has brought about major changes in the attitudes of the staff who work in the dementia specific unit and given them a better understanding of needs driven behaviours and a change of focus in their delivery of care at the individual level.

To celebrate and acknowledge the champions’ involvement in the EN-ABLE research project, a lunch was held at the Purple Duck, Wallington on 2 June 2010. Each champion was presented with a certificate by Professor Rhonda Nay and a gift voucher from TLC.

*Megan Holmes,
for Homestead Lakes Enable Champions*





HOMESTEAD ESTATE

lifestyle@homesteadestate

Click Click

Lifestyle - Homestead Lakes

Residents have enjoyed outings to the Werribee Zoo, coffee at The Dunes in Ocean Grove, a wander around Van Loon's nursery admiring the new season's blooms. Coffee at Queenscliff was enjoyed by all where we ascended to the top of the viewing tower which gives a panoramic view of the bay and surrounds. We also had coffee at The Pier restaurant at Barwon Heads.



Lifestyle - The Homestead

Hello to all and welcome to another winter, the coldest for ten years. The pansies have been potted up, hopefully to provide some colour and cheer. The knitting needles are busy clicking away with scarves and knee rug squares. I think we have a competition as to who can produce the most knitted items.

Thank you to all who supported our Hat Day to raise funds for cancer research. \$100 was raised by the residents and staff who participated. Our residents looked splendid in their gold hats for the residents' meeting (we can't take the meeting too seriously) and then enjoyed morning tea.

We had a very successful pumpkin growing season with several large pumpkins grown and picked for the residents. Looks like pumpkin soup all round for the rest of the year!

Our first night time Supper Club was a great event that was enjoyed by all who attended. All singing, dancing and toe tapping, even by those who said they couldn't possibly stay up that late. Thank you to all the staff for your assistance with the residents and also for your help with supper for the residents and their families.

The Troopadours (The Homestead residents' choir) is going very well with practice sessions and sing-a-longs for the residents. Thank you to Ron Embry (volunteer) who formed this group. The residents recently performed for Homestead Lakes residents who joined us for our Queen's birthday celebrations.

Lifestyle Team





HOMESTEAD ESTATE

lifestyle@homesteadestate

Power walking

Physio - Homestead Lakes

A designated walking circuit has been designed at Homestead Lakes and takes in both inside and outside areas. The circuit is 200m long and is a great for knowing how far you have walked. A couple of residents try to complete five circuits a day which means they walk 1km, WOW!

So on those sunny wintery days, get out on the walking circuit, take in the scenery of our beautiful surrounds and breathe in the crisp seaside air. When family and friends drop in for a chat, why not walk and talk together. The walking circuit begins at the physiotherapy room.

Welcome to The Homestead’s gym room “Hall of Fame”.





THE BELMONT

Coffee anyone?

Here we are in the midst of winter, another three months gone, and what I'm wondering is where are all the beautiful beaches, with girls in bikinis and men in board shorts, and more importantly, the sunshine. They don't tell you in the travel brochures that it gets this cold - I thought I left all that behind in Scotland.

We are gearing up for the Inaugural Gladys Clarke Art Exhibition in the coming weeks. We were very impressed to learn that Gladys has numerous embroidery art displayed in art galleries all over, and has at present work displayed in the Geelong Gallery in a Chinese exhibition. We were even more impressed to realise that one of her art pieces is prominently displayed in Parliament House in Canberra. How wonderful is that! We are pleased to announce that the exhibition will be opened by Gladys, along with the Mayor of Geelong, and a Member of Federal Parliament. We welcome visitors to The Belmont to view the wonderful work of Gladys and many other talented residents, staff, families, even the local schools who visit The Belmont have expressed an interest in displaying and entertaining the exhibition. We will be presenting a beautiful trophy to the winner in each category as well as some rather nice prizes. The talent of our residents, families and staff here at The Belmont always amazes me. When I think they have outdone the best they do it again! I look forward to hosting this spectacular event at The Belmont.

We have welcomed many new residents to The Belmont over the past three months, both permanent and respite, and it really is a joy to see how welcoming and friendly all our permanent residents are to new people, encouraging them to join in with chat groups and activities, or just to sit and join in with a cuppa.

Sadly we have also said goodbye to some of our dear friends, which reminds me of a saying "Yesterday is history, tomorrow is a mystery, today is a gift, that's why we call it 'the present'". We should all use this as our life philosophy and treat every moment we share with one another as a gift.

On a lighter note, I would like to welcome our new Lifestyle Coordinators, Sharon Hecker. Sharon is an enrolled nurse as well as having vast experience in

lifestyle, she is brimming with some fabulous ideas for our residents' activities program and her enthusiasm is catching. We also have a new Lifestyle Assistant, Jed, who amongst other things, is leading the men's groups, our new volunteers, and the rest of the team. It think we are in for a busy time in the coming months.

The cappuccino machine in Sutcliffe lounge has been a wonderful success, with our ladies group enjoying their afternoon coffee. The visitors love to sit and enjoy a hot coffee after coming in from the cold, not to mention the staff.

Once again a huge welcome to all the new staff at The Belmont, including Bronwyn who is the ACFI Co-ordinator. I am looking forward to the sunshine and warmer weather and all the special things we do here at The Belmont.

One more thing I would like to share with you is a little poem from a friend of mine in the UK:

"There are still many things I can do, like walking, smiling, crying, laughing, speaking my way.
I am here and I hear you speak, I have not gone yet.
My mind might be slowly ebbing away but deep down I know I am still me. You see changes in me I do not, I have not gone yet.
I know the time will come when I will not remember your name, but please remind me, even if for only a few seconds I can say it back to you. I have not gone yet.
When words fail me I strike out, I do not mean to hurt you, I still have feelings but these feelings I cannot put into words. I have not gone yet.
Actions speak louder than words, your help keeps me going, I have not gone yet.
Where have you gone? I know not where. When I call you, you do not answer. Where am I? I am not sure, but in my world I feel secure, I have not gone yet.
I love your smile, your name is gone. I know your face and feel at peace. I have not gone yet."

Words to remember.

*Claire Fry
Clinical Services Manager*

lifestyle@thebelmont

To market we go

Our market day was a fantastic success, with residents, families and staff all enjoying shopping the afternoon away. We had some great items available with Postie Fashions, handbags, jewellery, plants, treats, and even goodies for the dogs! All taking the fancy of our “shoppers”.



Many birthdays were celebrated, including George from Vision, who made a delicious Christmas cake for everyone to share. Jenny was wonderful as the colourful elf, although we don't think that green really is her colour! Santa Claus arrived with a huge sack of presents for everyone.



We are currently making preparations for the Inaugural Gladys Clarke Art Exhibition, with art and craft pieces from residents, families and staff all on display for public viewing. We are very proud to present this exhibition. Glad Clarke has many pieces of embroidery art displayed in art galleries. She recently was recognised by the Geelong Embroidery Club for her outstanding work and has at present a piece displayed in a gallery in Geelong in the Chinese Exhibition and a wonderful surprise to us was the revelation that the large embroidered art work that is prominently displayed in Parliament House in Canberra was partially done by Gladys.



Our Christmas in July was a day of great fun and laughter. The residents awoke to the Christmas trees and decorations and a wonderful Christmas dinner. In the evening at Supper Club over 120 folks enjoyed the activities, Christmas songs and games.

Living on the edge

Have you noticed? Marina is gradually being updated. New drapery and a change of colour in Pacific lounge and dining PLUS a large flat screen TV and surround sound, just great for the days when our lifestyle team provide our residents with a movie treat.

Atlantis has also had a change of furnishings and looks so much fresher. Leanne Smith, one of our regular carers, has organised "Film of the Day". Each day a resident chooses a video from our wide collection and straight after lunch the new couches and chairs, which are light and easy to move, are placed in a semi-circle around the TV. Lights are lowered and the residents watch their very own midday movie. This has become a very popular pastime. Thank you Leanne for going that extra step and thank you to the staff who support Leanne in her efforts.

Another staff member who has been with Marina for quite some time, Felipe Garcia, entertains our residents some Sundays with karaoke style sing-a-long. Our Lifestyle team are also extremely active, and as I'm sure they will mention in their report "Make a Wish" has become a new exciting feature at Marina. I'm still in awe of the trip to Eureka Tower where our resident's wish was to see Melbourne from "The Edge". Have a look at the photos as you walk down the corridor opposite reception.

Antonia is here on weekends and her art classes are very popular. Thanks to Antonia's efforts and the support of her fellow team members, the Art Exhibition evening was a huge success.

However, with all the above and many more activities not mentioned - I would have to say that the biggest highlight since the last newsletter was the introduction of the Supper Club. Never before have I walked into work the following day to hear residents still excited, still talking, still tapping their feet, still laughing at my moves on the dance floor and requesting that we do it again!



*Jane Elliott
Clinical Services Manager*



Staff Profile - Dianne Skew

Nickname: Dooja

Position at Marina: Team Leader of Extra Services Unit (Pacific)

Commenced at Marina: I returned in 2009

Not many people know: Married at the age of 17 and still with him 28 years later. Will be 20 years on 1 August 2010 !

Useless fact: I like coming to work

When I was a kid: I used to play roller hockey and was very good at it

Most valuable advice received: Enjoy your kids when they are little because they grow up very quickly



Make a wish

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

Recently residents were given a form to fill out with the opportunity to "Make a Wish". Having wanted to visit Eureka Tower (the tallest building in Melbourne) and go on the Edge, I filled in the form. On Thursday, 13 May 2010, six residents and the Lifestyle team paid a visit to the tower and YES I went out on the edge where the cube was clear and there I was looking down over Melbourne 88 stories high. It was amazing. A must for anyone not afraid of heights. Thank you to everyone who made my wish come true !

Bet Smith (Resident)



Irene Durrant also had her wish fulfilled. Irene's wish was to attend the Cuckoo Restaurant in Olinda. As you can see from the photo it was a great success.

Supper Club was an instant success with our residents and staff. There was much frivolity, dancing and singing through the evening. This event will be held every three months. The next Supper Club date is Thursday, 5th August 2010 between 6.00 pm - 8.00 pm and everyone is welcome to attend. Many thanks to the kitchen staff for their great catering.



Biggest Morning Tea as always was a great success with many scones being devoured and many a cuppa enjoyed.



Happy 60th Wedding Anniversary to Paula & Helmut Eckardt

Paula & Helmut first met in north Wales at Pentre Voelas Manor where Helmut was the gardener and Paula was the au pair girl. They were married at the registry office in Conway. Paula & Helmut moved to Australia in 1956 - to Bonegilla before settling in Williamstown.

According to Helmut, the secret to a long and happy marriage is "Have plenty of tolerance, pay each other pocket money, and never buy anything on credit".

Congratulations to you both.



Despite the cold weather, our residents have still managed to get out and about, enjoying lunches at various venues.



Movies on our new "big" screen and surround sound have been a big hit with our residents. Residents, as always, have been enjoying all their usual activities, such as healing mass, church, happy hour, exercise, tai-chi, bingo, quiz, news discussion, craft, cooking, concerts, aqua-aerobics, knitting club, art class, karaoke, bus trips.

*Sharon Oats
Lifestyle Co-ordinator*



THE NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

Happy 10th birthday

Hello to all from Noble Estate.

There have been two significant events take place at Noble Gardens in recent weeks.

Firstly, Noble Gardens celebrated its 10th birthday on 8 June 2010, and what a day it was. We had the pleasure of the company of the local member of Isaacs, Mr Mark Dreyfus MP, the Mayor of Greater Dandenong, Cr Jim Mimenti, TLC company founder and Chairman, Dr John Leaper, and company director, Jenny Leaper. Of course the TLC Executive team and many relatives, friends and staff were there to celebrate as well. The most important guests were our wonderful residents who came out in force to enjoy the celebrations, speeches and the delicious cake. I think there was even some dancing at some stage.

Two of our wonderful residents received flowers and have made the front pages of our local newspapers and magazines; they are now genuine celebrities. We also celebrated the long serving staff members of 10 years who each received a gift on behalf of TLC. All in all, a fantastic day and a great team effort - even the maintenance man, Mario, was helping to serve cake.



No rest for the wicked because a short time later it was Noble Gardens' opportunity to shine again for accreditation which commenced on 30 June for three days. We were successful in achieving compliance and passed all 44 outcomes which was yet another example of an extraordinary team effort. Many thanks go to our Support Centre colleagues, Maree McCabe (Executive Operations), Rose Reed (OH&S Co-ordinator), and Andy Struharik (Manager, Facilities & Environment) who provided invaluable expertise and support over the three days.

Just one thing to say - I'm very proud of the staff at Noble Gardens who are a very dedicated bunch who care deeply, work very hard and take pride in the care they provide for residents.

Noble Manor hasn't quite had the excitement of Noble Gardens but we have enjoyed many celebrations and arrival of new residents and staff. We warmly welcome you and hope we can make your time here very enjoyable.

Kind regards

Kate Kelly
Clinical Services Manager



news@thenobleestate

Let's celebrate

Anzac Day Services

Both homes celebrated Anzac Day by having Commemorative Services on the Friday afternoon before Anzac Day. We invited RSL representatives Adrian and Harry to come along. They were kind enough to bring along Anzac pins for residents who attend the services from both homes. The Lifestyle Departments gave them a donation. The Anzac Day program and photos appeared in local publications.

The Commemorative Service was based on an outline of the Department of Veterans Affairs Anzac Day services which made them very official and hopefully made the residents feel like they were attending services especially for residents and veterans who were unable to attend a service on Anzac Day. We invited our own veterans to be part of the service by either asking them to do a reading or by the laying of the wreath.

Carpet Bowls Tournament for 2010

It's that time of the year again when Noble Estate has their friendly Carpet Bowls Tournament.

This year it was at Noble Gardens and there was no home ground advantage!



The Noble Gardens team consisted of Barry, Shirley, Frances, Eugene, Ron, Ruby B, Ivy and Sybill. Their colours were green and white and the team name was GARDEN GIANTS. Some of our residents just missed out on being in the team but played all year. They were Anne, Ruby C, Bob and Brian. There were very supportive residents such as Dot, Brian and Louis. Not being biased or anything, but the better team won and that was the Garden Giants.

On behalf of the Lifestyle Department of both homes, I would like to thank our residents, team managers, supporters and staff for being involved and for cheering on and making it such a fun morning.

Now it is one tournament each and the trophy is at Noble Gardens. We will see what happens next year !

Italian Day Celebrations

Buongiorno everyone and Come Stai. Just slipping in a couple of Italian words we learnt. Buongiorno (hello) and Come Stai (how are you?) Both homes celebrated Italian Republic Day by decorating the homes in red, green and white balloons and streamers. At Noble Gardens our Craft Goup painted Italian flags which were also displayed around the home. These flags are being placed in our Italian residents' rooms which made them very happy. Two Italian residents (Marcella and Angela) were waving these flags during the celebrations.

Both homes were entertained by John Goodier who sang Italian songs and by all the singing and dancing going on, you could tell that all the residents enjoyed this entertainment immensely.

In the afternoon Noble Gardens had special afternoon tea celebrations and we enjoyed tiramisu with gusto. During this time we had Italian quizzes. Elizabeth, our volunteer, brought along a map of Italy and other photos showing where her parents grew up. It was from a group of Islands set on top of Sicilly called the "Isole Eolie" region and they lived on the second largest island called Fillicude.

Lifestyle Team



HOMEWOOD

Cultural diversity

Where has time gone? We are half way through the year already! We would like to welcome our new staff who have commenced at Homewood and those staff members who have taken on new positions. All new staff are making their presence known to residents and their families. Please make them feel welcome.

Congratulations to the Team Members of the Month for the past three months: Sheree Ryan, Ana Mesquita, Michelle Gallus, Vanesa Varga, Irma Berciano, and Chris Paydon. These staff members were nominated by their peers and/or by family members who felt they deserved recognition for various reasons. Well done everyone.

We celebrate a different country each month and decorate the main dining room where our afternoon activity is held, decorated with the colours of the country we are celebrating. The residents enjoy watching the decorations going up and think there is a party happening because of the balloons and streamers. The kitchen provides a wonderful afternoon tea with food from the country we are celebrating. Over the last couple of months we have celebrated Canada, India and France.

The India Day was especially good as we had Indian students who are doing placement for their course and they provided some wonderful costumes to look at and music and dancing. Several of our kitchen staff dressed up as well and everyone had a wonderful time, as you can see. It is always nice to hear comments from residents who may be trying food from another country for the first time and they really enjoy it. We are so lucky to live in such a wonderful multi-cultural country to be able to experience these things at any age.

We have been enjoying some wonderful entertainment at Homewood. We have experienced some new entertainment recently as well. We enjoyed an entertainer by the name of Sally Carter who is very talented. Sally sings, plays the guitar and the violin. Everyone enjoyed her singing and playing and marvelled at her bright pink violin. We will definitely have Sally back to entertain again. We have once again enjoyed our regular entertainers, The Merry Makers, David Pearson and Alan Buckley, all of who performed well as always.

In May we held our first Australia's Biggest Morning Tea and raised money for the Cancer Council. Everyone who attended enjoyed the morning with wonderful morning tea and enjoyed the lovely treats provided. They also enjoyed the raffle draw and the craft table of goodies for sale. All the money from the sale of goods and the raffle went to the Cancer Council. We had a great response from residents, staff and visitors. We will definitely do it again.



We can't believe how fast the year is going by. Here at Homewood we are keeping busy with lots of different activities, entertainment and out and about on bus trips. Homewood is very lucky with our location and we can have many varied bus trips. Over the last couple of months we have been to Heritage chocolates in Rowville, Emerald Lake for picnic morning tea, Fountain Gate Shopping Centre for coffee and donuts, Pakenham Lakeside to feed the ducks, Morning Melodies at the Waltzing Matilda, Ten pin bowling at Narre Warren, and a lavender farm at Bunyip. These trips are varied but always enjoyed by all who go.

Until next time, keep busy and have fun.

*Lisa Bonney, Clinical Services Manager
and Lifestyle Team*

lifestyle@homewood

Biggest morning tea





Community spirit

With winter truly upon us it's a lovely time of year to keep warm and cosy. It's hard to believe we are already half way through the year.

Our residents, family and friends, and staff have continued to enjoy our Supper Clubs that are held on the 2nd Thursday of the month. There has been plenty of dancing on these occasions which has kept us warm. These evenings are thoroughly enjoyed by all and made all the more special by Alistair Henderson's wonderful music and singing. All are welcome to attend between 6.00 pm and 8.00 pm to enjoy these evenings with us.

Our Roberts unit has undergone some changes. The first change is the relocation of the doors and we are also having the doors to this area adorned with a mural which will be a delight to see once completed. We have also relocated the lifestyle office to this area and this is another exciting change.

I would like to acknowledge our amazing group of volunteers and thank them for the wonderful work they do for our residents. Our residents look forward to the Monday morning walks. Thursday night bingo has also kicked off in a big way. These are just a couple of ways the volunteers contribute. These wonderful people from our local community bring a special community feel to Sunlight. Your time and effort is appreciated in so many ways. Thank you.

Congratulations to Team Members of the Month:

<i>April</i>	Kym Smith Lori Sabelberg
<i>May</i>	Margaret Smith Vicki Comopoulos
<i>June</i>	Ken Lappin Cerrone Chamberlain

Until next time.

Jacky Robinson
Clinical Services Manager

Staff Profile - Amanda Bullard

Nickname: Manda

Commenced with TLC: June 2006

Dream holiday: India, I love the food

What don't we know about you:

I swam with the sharks at the Melbourne Aquarium for my 21st birthday

Most valuable advice received:

Believe in yourself

Favourite foods: Indian - rogan josh with naan bread

Collects: currently collecting homewares for my new house



In flanders field the poppies grow

Each year Sunlight, with the assistance of the Whittlesea RSL, hold a ceremony that follows a pattern that is familiar to generations of Australians. Anzac Day is probably Australia's most important national occasion. The spirit of Anzac, with its human qualities of courage, mateship, and sacrifice continues to have meaning and relevance to our returned servicemen and women at Sunlight. Sunlight residents had the opportunity to participate, recognise and remember the sacrifice of those who had died in the war by participating in a pre-Anzac day service.



As it is written:

Recreation's purpose is not to kill time, but to make time live; not to keep people occupied, but to keep them refreshed; not to offer an escape, but to provide a discovery of life

Sunlight lifestyle endeavours to offer this by offering something different to our residents. Below are photos capturing some of these moments.





FOREST LODGE

Twinkle toes at the Forest

It was with great pleasure that we welcomed our very first Supper Club event at Forest Lodge and what a night it was!

Our Lifestyle Department had decked out our lovely lounge room with festive decorations and the lovely TLC coloured backdrop and banner for this event.

We had a fantastic attendance from residents, families and friends and staff who concluded the celebration with an impromptu "pink" dance! The feedback regarding the good time that everyone had, reverberated throughout the home for several days and beyond, as testament to the great TLC tradition and Alistair Henderson's musical talents. I am sure we will do the "conga" again soon!

We would like to take this opportunity to thank everyone who has participated and made this evening such a great success and look forward to planning and preparing for the next one. Watch this space for notification of the up and coming dates.

In reference to our previous newsletter, with winter well and truly in full swing, we would like to inform everyone that we have issued and placed a doona into every one of our rooms for you to use if you wish to do so. Please ask staff for assistance with this.

I am sure that everyone will agree, that one of the favourite pastimes of winter is eating good home cooked meals and delicious puddings.

We are happy to welcome our new Chef David Metters from Medirest who is proving to be of great value to our needs and is working diligently with our Food Focus Group to produce tasty and nutritious meals. David is welcoming your feedback in relation to any issues you may have and is very willing to discuss individual needs as required.

Another new addition to the Forest Lodge service provision is our new hairdresser, Julie Walker, who has settled in well and is doing a fantastic job. Her schedule and price list are available at the salon.

Our new budget has been approved and some new equipment is being purchased or is on order. For example - mobile shower trolley, a few additional sensor mats and more computers for staff.

I would like to take this opportunity to thank all our staff for their dedication, commitment and enthusiasm in providing exceptional care and support to all our residents and for their resilience and resolve to strive towards continuous improvement and quality services.

With kind regards

Kathy Devitt
Clinical Services Manager



lifestyle@forestlodge

Cameras, action!

The Supper Club has arrived at Forest Lodge. The night was a fabulous example of the following the TLC Supper Club initiative has with many residents attending. Firstly, we must say a big thank you to Alistair for his fabulous repertoire of music which got many a toe tapping! Also, Forest Lodge staff members and friends of Forest Lodge for volunteering their time for the evening.

We believe any night that involves the bird dance, a congo line, the twist, and wonderful food cant help but be a roaring success.



Hollywood comes to Forest Lodge

Movie mania has hit Forest Lodge on the big screen, all systems are go with our latest addition to Forest Lodge. We have had our movie screen and projector installed in the mahogany lounge area. The screen and surround sound system are hugely (excuse the pun) appreciated by all that have made their way down to our weekly movie screenings. Television has never been so much larger than life. Judge Judy is even more formidable when she appears to be 8 feet tall! Our relaxations screen projections have also been a great success with many residents enjoying a simple waterfall scene or watching the logs burn down in the projected fire place accompanied by melodic and peaceful music. The feedback has been fabulous with many enthusiastic movie goers requesting films from our extensive movie library.

A big thank you to all the residents who cheered the staff on when they were competing in the WII virtual tennis championships. It was quite the tennis match on the big screen. Who won, I hear you ask? That would be Bianca the Lifestyle Co-ordinator.

Ballam Park Visit

Glenda from the Ballam Park Historical Society paid us a visit in early June and it was a wonderful day. Glenda was extremely well informed about the local history of Frankston and the surrounding areas, and as many of our residents here at Forest Lodge are locals, it was an informative morning spent by those attending. Glenda also brought along some items from the Historical Society that was handed around for all to look at.



When it came to question time, Glenda was inundated with all sorts of personal accounts of residents who had recognised or been to some of the places that Glenda had discussed. We ran out of time, so we have invited Glenda back to attend at a later date for another fascinating look at Frankston in years gone by.

We were also treated to a visit from the ladies from the Mt Eliza Lace Makers Club who shared with us this most precious and delicate of crafts. The ladies showed us that patience really is a virtue when completing some of these outstanding pieces of art that can take up to several weeks and many a cotton bobbin to complete.

Rockin' out with Elvis

Residents were treated to a display on Sunday, 4 July. In honour of one of our residents who was celebrating a special birthday, the family had organised for an Elvis impersonator to come to share the afternoon here at Forest Lodge. There was a whole lot a shakin' going on! We were extremely pleased to be able to cater for our birthday lady and her family by organising a special luncheon in our private dining room. This is the third event we have hosted for families to come in and celebrate their milestone birthdays with their loved ones. We appreciate the time the families took to provide us with their positive feedback and wish to advise all our family members that if they wish to celebrate special days with us at Forest Lodge, please speak to a member of the lifestyle team so that we may assist you.

Flodgers Netball Team

Forest Lodge is proud of our new netball team that played its first match in July. We will keep you posted on progress. Our team name is "Flodgers" and our uniforms are a snazzy white and green. Thank you to Lil at Support Centre for sourcing and organising our uniforms. We play at Jubilee Park in Frankston on Tuesday nights (times displayed at Forest Lodge). So if you're in the area, come down and cheer us on! Go Team Forest Lodge.

Cheers from the Forest Lodge Lifestyle Team



10th Anniversary

Noble Gardens celebrates

Noble Gardens has turned "TEN" so we celebrated by having a party.

The Lifestyle Department set up the facility with purple and black balloons and streamers. A tenth anniversary banner which was created by our Craft Group was set up in Gardenia where our afternoon celebrations were held.

Many dignitaries were invited including company founder and Chairman, Dr John Leaper and Company Director, Jenny Leaper, MP Mark Dreyfus, Mayor for Greater Dandenong, Jim Memeti.

A reporter from the Star News Group in Greater Dandenong was invited and published an article about our celebrations on 17 June 2010. The article is placed on the lifestyle notice board.

Dr John Leaper spoke about how Noble Gardens started from just being a block of land. He had a vision that it would be a great place for an aged care facility.

As written in the newspaper article - "We have been successfully promoting a culture of being family" in Noble Park for 10 years now and we certainly intend to do the same for the next 10 years and beyond. It is vitally important that we keep it real.

Dr Leaper stated that Noble Estate is TLC's largest residential aged care project with almost 300 rooms and employing in excess of 165 people.

Jenny Leaper spoke about how this is our residents' home and how wonderful the staff are who look after them. She also spoke about how she recognised one of our residents and asked if he was a publican and did he have a son Neil. When he said yes, she told him that his son was her first boyfriend. It really is a very small world!

Jenny spoke about the staff and thanked them for being caring and looking after our residents. She then said that we have several staff who have been at Noble Gardens more than ten years. One of those staff members is Myrna who works in Administration.

The celebrations included having our catering staff make a large black forest cake which was cut by our Executive Operations, Maree McCabe, and our longest serving resident, Louie Watt, who is our Resident of the Month.





Noble Gardens 10th Anniversary

Party ...

Jenny Leaper, Dr John Leaper, Mark Dreyfus MP, and Jim Memeti, Mayor for Great Dandenong, celebrate Noble Gardens' 10th anniversary on 17 June 2010



Staff profile



- **Full Name:** Wangui Muhuthia
- **Nickname:** Kui
- **Role at TLC Aged Care:** Manager - People & Performance
- **Began working at TLC:** 25 August 2009
- **In my CD player:** Michael Buble, Rob Thomas, and Michael Bolton
- **Currently reading:** Art of War by Sun Tzu
- **Dream destination:** Spain
- **Favourite meal:** Black angus scotch fillet with beer battered fries & vegies
- **I can't stand it when:** people put money ahead of morals, when people make assumptions based on little or no knowledge about others, or when people belittle or ignore others at work.
- **Useless fact:** I can't ride a bike!
- **A typical Sunday:** Cook and share breakfast with my husband and two lovely daughters (if at home), go for a walk, play board games/Wii, then wind up the day with a simple hearty meal. Forgot to mention ironing!
- **Favourite movies/last movie I saw:** Love stories (tear jerkers), true stories and action movies. Last movie watched - "Its Complicated". I'm a home body and wait for movies to hit Foxtel.
- **Most valuable advice ever received:** Never give up hope. There's no dream too big, no challenge too difficult as long as you believe in yourself - from my late father.
- **I don't leave home without:** saying good day and "I love you" to my family. I also don't leave home without lip balm!
- **Most people don't know:** I was born in Kenya

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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