

To the Manor born

The last couple of months have been very exciting for TLC Aged Care and we have had some major events, not least of which was the opening of Forest Lodge in Frankston North. 58 beds were opened and residents from Milpara Park Hostel were assisted in moving. Everyone settled in well and the staff did an amazing job co-ordinating the biggest moving house exercise ever !!

It doesn't stop there. We have now completed the second stage of Forest Lodge, and as a result, we have accommodation available for a total of 120 residents who require high, low or dementia care. This stage has been completed ahead of schedule which is great news.

Noble Manor, one of our homes in Noble Park which was opened in September 2007, also had a special event. An official opening took place on 8 September 2008. We were very pleased to have the Minister for Ageing, Justine Elliot, conduct the official opening.



John & Jenny Leaper with the Minister for Ageing, Justine Elliot

We have now also commenced the building of the second stage of Noble Manor which is due for completion in April 2009. Once completed there will be 160 beds, providing low, high or dementia care.

And now onto some other news

On 26 August 2008 we had a double celebration. A graduation ceremony took place for 8 staff members who completed the Diploma of Business, Frontline Management. We were honoured to have Raelene Thompson, State Manager of the Aged Care Standards & Accreditation Agency to present the graduates with their certificates. This day also saw the commencement of a new intake of students - managers and team leaders from the homes were included in this group, as well as staff from our Support Centre. We are very pleased to be able to offer this unique learning experience which will in turn benefit the staff and residents in our homes.

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

*Ingrid Williams
Chief Executive
TLC Aged Care*



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HOMESTEAD ESTATE

The Combined Newsletter Section for The Homestead & Homestead Lakes

Housework at The Homestead

Three months to go until Christmas and the end of 2008. My word the year has gone so quickly!

The Homestead Estate grounds are looking nice and green, dams have plenty of water for the summer months ahead, and the new rose gardens are growing well and will hopefully produce lots of colourful blooms for all the residents, families and staff to enjoy.

We have set dates for our resident Christmas parties. The Homestead - Wednesday, 10 December at 1.30 pm and Homestead Lakes - Friday, 19 December at 1.30 pm. This year we have decided to have the entertainment first followed by afternoon tea. Invitations will be sent out in November. Please return acceptances for catering numbers.

To ensure that personal clothing does not end up as lost property, please leave all new articles of clothing with reception to pass on to the laundry staff for labelling. Please check the lost property at both sites if any articles do go missing.

The annual testing & tagging of electrical equipment is due in November. We ask that families please return the permission form as soon as possible.

The Homestead

We are preparing for Accreditation in 2009. Three years comes around very quickly indeed !

If anyone has ideas for continuous improvement, please put them on a best practice form and leave them with reception.

A sail shade area is to be installed in the Florence garden area to enable the residents to enjoy the outdoors in the summer months. The Florence exit doors to the hearth area are to be painted as a beach scene with children playing in the foreground.

Eyecare 2 You have been booked for reviews and eye testing on Monday, 22 December 2008.

Homestead Lakes

Occupancy has been steady, lots of new faces to welcome and sad to say, goodbye to others. We have had a successful Support Visit from the Accreditation Agency in August and we continue to demonstrate we are meeting the standards.

Recently we purchased two electric beds for high care residents.

Eyecare 2 You are booked for reviews and testing on Friday, 7 November 2008.

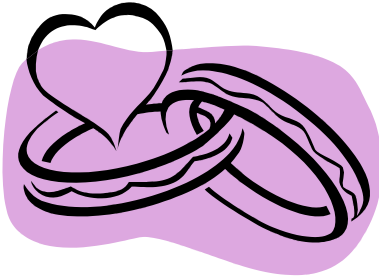
Thank you to all our staff at the Homestead Estate - you do a fantastic job !

*Fran Durham
Clinical Services Manager*



news@homesteadestate

All news is good news



CONGRATULATIONS

Congratulations to Sandy our receptionist.
 She announced her engagement to Cameron Burn
 on 21 August 2008.
 We all wish them the best for a very happy life together.
 What a lucky fellow he is !

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

The Homestead

- ♡ Doris Travella (PCW)
- ♡ Rebecca Ridgeway (RN Div 2)
- ♡ Rodney Harbour (PCW)
- ♡ Krista Van Der Wal (PCW)

Resident of the Month

August

- ♡ Bill Hayes

September

- ♡ Bob Cooper

Welcome to the Team


The Homestead

- ♡ Munyaradzi Sigauke (RN Div 2)
- ♡ Helen Flaminiano (PCW)

Homestead Lakes

- ♡ Kalissa Marendaz (PCW Trainee)
- ♡ Natalie-Rewa-Morgan (Trainee)
- ♡ Michelle Hobbs (PCW)
- ♡ Lynne Donegan (PCW)
- ♡ Laura Wallace (Div 2 Trainee)
- ♡ Katie Uren (PCW)
- ♡ Jess Henry (PCw)

It was National Nanna’s Day on 25 July so we decided to do Grandparents Day instead so as not to leave anyone out. National Nanna’s Day was all about getting together with work colleagues, friends, family & celebrating our grandparents in July. The theme was purple. We made purple biscuits with purple icing for morning tea, fish was on the menu for lunch so purple tartare sauce was added on the side, and for afternoon tea we had purple blueberry muffins.



The day saw most of the care staff from TLC in, or sporting something purple. Many activities were organised and the residents had a wonderful time.

Team Members of the Month

Homestead Lakes

- ♡ July - Mavourneen Ray
- ♡ August - Dennis Srblin
- ♡ September - Megan Holmes

The Homestead

- ♡ July - Stephanie Alsop
- ♡ August - Jacqui Marshall
- ♡ September - Robyn Halliday



HOMESTEAD ESTATE

lifestyle@homesteadestate

Hello possums !

On 2 October we had a wonderful visit from Jirralinga Wildlife from Barwon Heads. They kindly brought in two baby ringtail possums, one baby brushtail possum, a wallaby joey and a dingo pup for the residents to see and pat. The residents have decided they would like to support this fabulous group who volunteer to look after the rescued and injured animals. They would greatly appreciate donations of sheets, pillowcases, blankets, towels, as they need these for their rescue work.



The residents would love to be able to donate these if any family members, friends or staff are cleaning out their cupboards for Spring. Donations can be left with Jacqui (Lifestyle Department) or at reception.

We would also like to take this opportunity to thank the Combined Probus Club of Belmont for their kind and generous donation of the handmade knee rugs. We are very grateful for the time and effort they have gone to in making these for our residents.

We have commenced a weekly flower arranging session for our residents in Florence, which they are thoroughly enjoying.

Physiotherapy Update - Homestead Lakes

The ultimate test in physical sporting prowess is undoubtedly to participate in the Olympic Games. On 8 August this year we were all glued to our television sets in anticipation of the highs & lows that would unfold in Beijing as athletes from around the world competed for glory.



At the same time, in the small little town of Wallington, athletes (somewhat less known) were also competing in the name of fun, fitness and frivolity!!

On two consecutive Tuesdays during the Olympic Games, residents competed in several sports and activities including volleyball, golf, basketball, floor bobs and a very challenging Olympic quiz.

To conclude the Homestead Lakes Olympics, we were lucky enough to have Joe Troop speak to us with an extremely engaging and fascinating insight into his son's running career. Lee Troop competed in the marathon in Beijing as well as two previous Olympics - Athens & Sydney. I think we could have listened to him for hours as he enlightened us on the very gruelling, sacrificing and soul searching life of an Olympic Marathon Runner.



Hopefully we will all continue to be inspired by our Olympic athletes as we strive to reach our own physical potential. Exercise

groups, the Physio Room, weights class, walking groups and hydrotherapy can help us all achieve this. So get a spring in your step and GO FOR YOUR LIFE !





HOMESTEAD ESTATE

lifestyle@homesteadestate

Christmas in July

Our Suffolk residents enjoying a pampering foot and hand massage in the new relaxation room.



We were visited by students from Ocean Grove Primary School which was part of the Literacy & Numeracy Week run throughout schools. Students brought along their computers and provided demonstrations which were read to the residents.



We were all entertained by an extremely talented group from the Leopold Probus Choir.



One of our resident's six year old granddaughter, Tillie, performed a concert for our residents by playing some pieces on the piano, including English Minuet and Ode to Joy.

On 24 July 2008, Christmas in July was held with a volunteer playing the piano and resident Marcel Menzel leading a large group of our singers. Christmas carols were heard echoing down the hallways.



The feverish excitement of the footy finals in Geelong region overflowed to Homestead Lakes as we conducted a handball competition and tested our memories with past footy finals general knowledge.



*Lifestyle Team
Homestead Lakes*



THE BELMONT

All in order for Mary!

A big “hello” from all staff, residents, family and friends at The Belmont.

There have been upgrades and makeovers happening keeping up with quality improvements.

The Duggan unit is looking spectacular with new flooring and paintwork giving it a new look and a fresh approach. The residents, staff and families really appreciate the ambience it gives and a new aquarium just enhances the lifestyle of Duggan residents.

We have seen a few staff and residents come and go at The Belmont during the past few months and currently have many students here learning about how to care for the elderly.

Welcome to RN Div 1 Claire Fry who has been sponsored by TLC. Claire comes to us from England and brings a wealth of knowledge and experience in the aged care arena. She has accepted the role of Team Leader in Sutcliffe.

It has been an exciting time during the past few months at The Belmont. We recently hosted a ceremony for The Geelong Ex Service Women’s Association. This involved handing over the Banner of the Association to a local girls’ high school - Matthew Flinders. They will carry on the tradition of the Association and represent the Association at ANZAC parades in the future so that legacy lives on.

The founder of the Association is Mrs Mary Kearney, a resident at The Belmont. She was previously awarded an OAM for all her hard work over the 60 years that the Association was in operation. It was a great morning with many residents, family friends, relatives and school representatives in attendance.

Alistair Henderson, Business Development Manager, played his keyboard to the tune of the Australian National Anthem and a slide show prepared by Sharon Terill, a member of the Lifestyle Team, was presented. Mary even had her picture (in colour) in the Geelong Advertiser.

Happy Hours are always a great hit on a Friday afternoon and the entertainment is always enjoyed by those who attend - including the staff. The Art Show was another great hit in August and the works of many residents were on display for the week. The Geelong Advertiser helped to raise the profile of the Art Show and it was open to the public daily for the week.

There was great support by some local Geelong artists and a wonderful morning tea was held to celebrate the opening. Yet again some of our residents became celebrities overnight and had pictures of themselves and their art work in the Geelong Advertiser and other local papers.

Now we are preparing for Christmas, which is just around the corner.

Bye for now,

Lynette Herrin
Clinical Services Manager

lifestyle@thebelmont

Brownlow Tipping

Situated in Geelong, The Belmont had naturally been focused on football for the past few months. The culmination of the year's footy tipping saw us hold a Football Tipping Presentation, with the inaugural Joe Selwood Shield, presented by previous Brownlow Medal winner, Paul Couch.

The Dementia Unit followed this with a Grand Final BBQ, complete with music from Alistair Henderson.

An Art Exhibition was our other big event for the past few months. Showing the talented artists in residence here, it was opened by local artist, Bruno Callori. Amongst the residents showing their work were Mr Ron Ives and Mrs Jean Cruikshank, who were both photographed and discussed in the Geelong Advertiser.

Our Dementia Unit had a lovely ladies day out shopping in August, with coffee and donuts featuring after the excursion.



*Paul Couch with Maree McCabe,
Executive Operations TLC.*

With Spring's arrival, we have also started planting our vegies and flower seedlings.



Until next time,

*Lifestyle Team
The Belmont*



MARINA

Tasty, tradies & a roast

Marina's much awaited makeover has begun. There are tradesmen everywhere busily painting the halls and public areas. Many have already admired the transformation AND its not even finished. We in the office are eagerly awaiting the painting of the feature wall - it took us hours to decide on the colour and texture of paint.

Once through the doors of Seascape you are struck by the fantastic seaside murals. Residents have commented that the murals are beautiful. They certainly add character to the halls.

At present we are in the process of removing the carpet and laying vinyl which resembles teak flooring. Next the painters will ply their marvellous brushes to the halls and general areas in Seascape with brightly coloured paints.

We have had another unannounced Support Visit from the Standards & Accreditation team and again we passed with flying colours - 44 out of 44 standards.

To enable our residents to have a better view of the Olympics, we had Foxtel installed in the Pacific lounge for the use of all residents which they really enjoyed. Residents can now enjoy a wider range of entertainment.

Depending on who you supported, the Grand Final was either a great day or non event. I know that most of our Doggy supporters gave up the week before. All of our residents enjoyed the meat pies and the beer provided by Marina before the game.

On Father's Day a traditional Sunday roast was served and all the Dads received a small gift.

We welcome all new employees who have joined the Marina team. I would like to take this opportunity to wish them well and hope that they find the excitement of being a Marina team member rewarding.

We farewell Jodee Jorenzon, Team Leader Neptune, who has left us to take up a position with Apprenticeships Plus. She will now be sending her trainees to us.

A big congratulations to Marina's ever extending families - Maritess Somers, Sylvia Kakinda, and Suzette Cuatero.

Until next time,

Jane Elliott
Clinical Services Manager

Team Members of the Month

July

♡ Judy Reid, Abbey Dumbleton,
Cheryl McSwain

August

♡ Sue Montebello, Kelly Montgomery

September

♡ Jessica Lockwood, Debbie Chan

Stretching the fun & games

On behalf of the Lifestyle Team, we extend a very special welcome to all our new residents and family members. Since our last newsletter our residents have continued to enjoy various activities.

Celebrating a "very special" birthday was Jemima Galloway. It was fantastic to see the expression on her face when the surprise of a stretch limousine arrived to escort her to a birthday lunch, and of course, she had a couple of fellow residents tag along for the fun. I am not sure what took place in the limousine?? I do know however that many laughs and a couple of drinks completed the fun.



Recently we have teamed up with our local Bunnings hardware store for craft projects on a monthly basis. Alicia from Bunnings arrives with paints, tools and instructs/assists the residents to complete their projects - so far, name plaques and photo frames have been achieved and as for next month - we'll just have to wait and see!

We have had our usual activities occurring since the last newsletter, such as cooking, McDonalds, outings, craft, church services, exercises, aqua-aerobics, tai-chi, happy hour, reminiscence, rosary, concerts, sensory, games, senior citizens, and fish n' chips.



The residents managed to have great fun celebrating Grand Final week with a games afternoon, happy hour and pies. Don't worry, the Doggies will be there next year!

Everyone at Marina is looking forward to the next few months leading up to Christmas with many activities taking place. We have been invited to Keilor market along with other aged care facilities on 2 November 2008, to share what takes place in our home, but it is also an opportunity to promote positive public awareness for the aged.

We also have our memorial service in November, whereby we give thanks and celebrate the lives of our past residents. We also have our Family Day on Saturday, 29 November 2008. Everyone's invited. Then of course Christmas will be upon us with lots of parties, concerts, food, fun and not to be missed, is our annual carols by candlelight evening which will be held on Wednesday, 17 December at 6.30 pm.

From our home to yours, we wish everyone a very holy, happy, safe and wonderful Christmas from ALL of the Lifestyle Team.

Until next time...

"To succeed you need to solve only two problems:

- (1) Get started
- (2) Never quit "

Sharon Oats & the Lifestyle Team



THE NOBLE ESTATE

The Combined Newsletter Section for Noble Gardens & Noble Manor

Noble Art

Well, with so many things happening within the two Noble Estate facilities my short time here has been very exciting so far.

We have enjoyed the formal opening of Noble Manor with the Minister for Ageing, Justine Elliot present. Mary Cannon, one of our residents, gave a lovely speech and expressed her love of the facility and staff. This is what it is all about residents feeling cared for and supported, and it is what I endeavour to do on a daily basis.

The Multicultural Cook Island Playgroup is another lovely contribution to the resident's life, as not only do they enjoy the children playing but also the music and singing. It is so lovely to see the children smiling and the residents smiling right back. At first the children were a little timid, and it is lovely to see the interaction which occurs with little hands touching our residents' hands.

The Art Show this month is just another exciting and wonderful addition to our homes, with both Noble Manor and Noble Gardens residents joining in and having fun, whilst expressing their creativity in art. A lovely cocktail party followed the presentation for the best art work and all those present enjoyed themselves.



At both facilities we are encouraging the residents to join in with activities and also with our meetings such as the Resident Meeting and Food Focus Group. This is where they can have real input into what goes on in the facility.

Thank you to those people who have made the effort to see me and express their ideas as I believe it is so important for us to listen and act so that we can make Noble Estate a wonderful, warm and happy home for all residents.

Until next time, take care.....

Jennifer Garrard
Clinical Services Manager



news@thenobleestate

The Noble King has left the building

Over the last few months, residents at both Noble Manor and Noble Gardens have enjoyed such wonderful events and activities - I don't know where to start!

In September Daffodil Day was observed by staff and residents dressing in yellow and donating to Cancer Research. We were such a colourful bunch with one of our students, Raman, looking spectacular in a bright yellow turban.

Residents at Noble Gardens were mesmerised by the fantastic Magic Show. I personally saw my credit card go into the magician's top pocket and re-appear some time later out of a sealed envelope from his box of tricks. How does he do it!

Waltzing Matilda is a regular venue for Morning Melodies and recently two bus loads of residents went to a special Elvis Tribute. Some residents could not stop dancing and Marianna was awarded a CD of Elvis songs for being the top dancer of the day.

Noble Gardens gentlemen have been enjoying special reminiscence morning teas for some time and this month Noble Manor gentlemen did the same, enjoying each other's company and a delicious spread in our sunny courtyard.

Footy season has come and gone, and now of course we are preparing for the Melbourne Cup and Oaks Day. Volunteer Jo Hazell has once again agreed to get the tipping happening at Noble Manor.



I would like to thank the many volunteers at both Noble Gardens and Noble Manor who make such wonderful contributions to the lives of our residents. This month special thanks are due to Jenny Croom who ran the painting group all year and was the driving force behind Noble Manor's wonderful Spring Art Exhibition. Congratulations to all the artists who contributed paintings, including those from Noble Gardens.

The Lifestyle Department plans to make this an annual event and give plenty of notice so residents and staff from other TLC homes can come over and marvel at the talent of our artists and the colour and beauty of the art works.

The Tulip Festival was great and now we are getting ready for the Emu Farm. Being Spring, we expect to see little baby chicks. Bingo, craft, exercise group, carpet bowls, in-house shopping, memory games, crosswords, shopping trips, Happy Hour, concerts, and lots more - our residents have a lot to choose from.

As some very wise person said when asked the question: "What is happiness?"

Someone to love
Something to do
Something to look forward to!

*Penny & the Lifestyle Team
Noble Estate*



HOMEWOOD

Wood, makes it to 103 n.o.

Hello everyone

Spring is here and Homewood staff and residents are certainly enjoying the warmer days.

We hosted an Open Day in late August where residents enjoyed live entertainment and a decadent afternoon tea, sweets were also served.

Advertisement in the local community for the Open Day resulted in a number of visitors throughout the afternoon. We look forward to hosting another Open Day later in the year.

We have had a recent reconfiguration of Team Leaders at Homewood and I want to take this opportunity to thank residents, relatives and staff for supporting Carol Cummins, Lisa Bonney and Vanessa Varga during this transition.

Our thoughts and best wishes are with Sarah Van Oirschot as she has pursued a role elsewhere. I would like to thank her for her time as Ironbark Acting Team Leader.

We were honoured to celebrate a number of resident milestones in the past few months - 103rd birthday for Doris Brentwood and the wedding anniversary of resident Irene Phillips and her husband Ernest.

We have had the Blue Gum internal door painted with beautiful murals which is receiving positive feedback from residents, relatives and staff.

I encourage all to go and view the doors as they are indeed a work of art.

Reminder to all residents and families that the defined areas and Team Leader contacts within Homewood are:

Blue Gum & Banksia - Vanessa Varga
Jarrah - Carol Cummins
Ironbark - Lisa Bonney

Take care.

*Nancy Oosterhof
Clinical Services Manager*

Team Members of the Month

July

- ♥ Mandy Addicoat
- ♥ Hendricks Chidzanja

August

- ♥ Kim Brew
- ♥ Onila Kodippili

September

- ♥ Yamunna Abeyasinghe
- ♥ Grace Robertson

From Seedlings to Gardens

Hello again,

I can't believe how fast the time is flying by, it will be Christmas before we know it. Here at Homewood we have been keeping busy. We have enjoyed some lovely entertainment recently. We had the Chalcot Lodge Primary School Choir entertain us and they were very good. The residents really enjoyed seeing the children perform.



We also had a new entertainer by the name of John Goodier. The response from the residents was very pleasing. We also had our regular performers, David Pearson & the Merry Makers, both of whom the residents really enjoy. One of our residents even danced with one of the Merry Makers and thoroughly enjoyed herself, as did everyone watching.

We have commenced a garden group that is very popular amongst the residents who have enjoyed potting the seedlings that were purchased and the cuttings that have been provided by staff from their gardens. We are now enjoying some lovely floral growth.



We are going to plant the seedlings in the garden so everyone can enjoy the colour. There is always a lot of discussion about flowers, plants and the gardens the residents previously had, during our garden sessions as seen in the photo. We have even had an impromptu sing-a-long started by a resident who was potting a daisy. They started singing "Daisy" and everyone joined in, it was a lot of fun.

Our residents' footy tipping has been run and won by Amelia Matters. For her prize Amelia has requested that a colourful plant be purchased for the residents' garden. This will be done and presented at the next gardening group.

We have also enjoyed some very nice bus trips to a variety of places. We have travelled to Emerald Lake and Gembrook to see Puffing Billy, had morning tea at Heaven Scent Lavendar Farm at Bunyip, hot chips at Toorraddin Foreshore and saw the boats and the fishermen catching fish at the Mordialloc Pier. We took a nice trip each way on the new Eastlink before the tolls started to see how long it would take to get to Frankston and Ringwood and to see the changing landscape after all the works were completed. We also had a yummy visit to Heritage Chocolates at Rowville.

Bye for now, until next time.

*Debbie Moss
Lifestyle Co-ordinator*

From football to a fountain

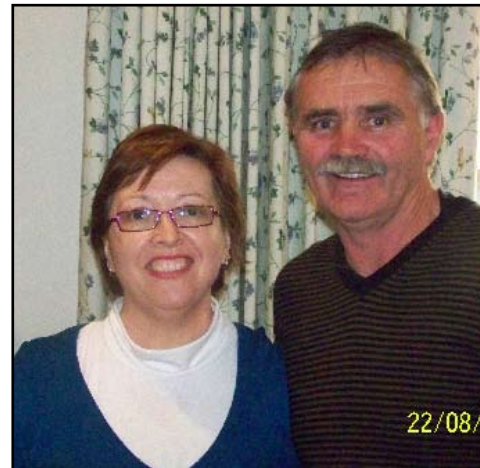
Hello again from everyone here at sunlight.

Spring is in the air and each day the gardens are looking more colourful.

Football season is over for another year and soon we'll be thinking of the Melbourne Cup before preparing for end of year festive celebrations. Our football guernsey raffle was a huge success and we would like to thank all those who bought tickets and helped raise funds for the Roberts Unit. The winner of the guernsey was Kaylene Ferguson, a staff member from Sunlight whose husband is a Collingwood supporter and received the prize as his Father's Day gift. The prize was presented to his family by former Colingwood player and star of the movie "The Club" Ray Shaw, who kindly donated his time to come to our football afternoon. We would like to thank him for his generosity. We raised a magnificent \$1,600 to be put towards the Roberts unit sensory garden.



While we are thanking people, we would also like to thank Brian Burton, the husband of Lisa (staff member) who donated his time and heavy machinery to put up our bus stop in the Roberts garden. The changes there are moving along and we expect the trees and bushes to be planted around the boundary very soon.



The money raised from the raffle will go towards putting in a fountain (as large as we can afford) so come in and have a look and give us any ideas you have for the garden.

We would like to acknowledge the Team Members of the Month:

July: Tanya Jerabek, Noelene Curtain
 August: Cerrone Chamberlain, Janette Caraffa
 September: Kathryn Walsh

We have farewelled two of our long standing staff members, Rodelyn Moran, who has relocated to Rosebud and Kaylene Ferguson who is moving to Traralgon. We also have several lucky staff who are on overseas trips at the moment. One to Vietnam, one to Germany, and one to China. What an exciting time they must be having, but I'm sure they will all realise what a wonderful place Australia is when they return.

We have continued to host students who come for placement and training, and we welcome them and hope their time with us is educational and enjoyable. Our youngest resident hasn't wiped the smile off his face since the Grand Final, as his team came through. He spent the day cheering them on and hasn't stopped talking about it. Congratulations !

Amanda Roks
 Clinical Services Manager

lifestyle@sunlight

Spring has sprung into Sunlight

Colours in abundance and beauty surrounds us at Sunlight. Parrots, rosellas, and friendly magpies bless us with their young.

Joan, one of our bird loving residents, has trained a magpie to be so friendly, it will walk alongside her or wait in anticipation for a yummy morsel of food. Ducklings have been seen swimming alongside their mothers in our dam, eight to date! The rabbits and bunnies are wreaking havoc with Bill's spectacular garden. Anyone who has not seen this garden must make a visit. It is situated outside the chapel, and the abundance of hours Bill has put in sowing and planting has payed off. Sunlight has its own botanical gardens, colour everywhere.



Brother Keith Davies from Streeton wing has been awarded an honour for 50 years as a Mason Master. "Nearly 58 years as a Mason" he stated. Congratulations Keith. What an honour! I still can't get him to show me that handshake.

July, August, and September have had us all busy with concerts, outings to Kinglake RSL, to compete with their seniors for carpet bowls, Flying Tart Cafe for lunch, entertainment and lunch at Whittlesea Bowls Club, Tourorong Park for afternoon tea (we had to share our afternoon tea with the various birds and ducks), last but not least, grabbing the opportunity for walks to the local ice creamery to brush the cobwebs away with our volunteers from the Horizon Church.

We have been lucky to be entertained by line dancers (are they fit?) and a "guess the celebrity" visit from Ray Shaw. Our ongoing visits from the RSL, school community program, church services and rosary, have enabled the residents to maintain contact with their community involvement.

Until next time, enjoy the upcoming sunshine.... and...remember "it's not the years in your life that counts, it's the life in your years"

Lifestyle Team



Bill has designed Sunlight's rose memorial garden. Some residents have donated a rose bush in memory of their loved ones. These roses are named and tagged. Any family member wishing to place a rose bush in memory of their loved one, please see a member of the Lifestyle Team.

If a family member would like to donate a bird bath to add to Bill's garden, I'm sure it will be very much appreciated. Perhaps this could be a memorial gift? I heard a little whisper "Statue" has been helpful in assisting our resident gardener. I think Bill is planning ahead for next season's flowers and vegetables, so if anyone has too many seeds, cuttings or bulbs, I'm sure Bill won't say no.



FOREST LODGE

Changing rooms

Snapshot of a new beginning at Forest Lodge.

It is now eight weeks since our doors opened and the first residents from Milpara Park Hostel arrived at Forest Lodge.

For weeks the excitement had been building with so much to do and plan. Staff to employ, rooms to be allocated, boxes to be packed and unpacked. We had sad farewells as residents said goodbye to the home many had lived in for several years and the staff who cared for them.

Questions, so many questions - what will it be like? Can I take all my furniture? How will we get there? Where is it? Will we like it? How will I find my way around? Can I start packing now? Is our cook coming with us? Will the staff come with us? And what about my telephone, can I take it with me?

And then on 4 August 2008 the big day arrived. Everything was packed and ready to go. The truck arrived and the move began. By the end of the third day all 48 residents had arrived safely at Forest Lodge.

A new beginning, fresh paint, beautiful new furniture, a new Chef, new rooms, new places to explore, familiar staff and new staff. But how exciting, boxes to be unpacked, pictures to be hung, family and visitors to show around and joy of joys, shops just around the corner to be visited.

The weeks have passed quickly and all residents have settled well. Many have found favourite places to sit in the large friendly lounges, or the warm sunny courtyard, new walks to take daily to the shops, bus trips in our new very own bus, a visit to our own professional hair salon is a must, and of course, the pleasure of making your own cup of tea and sitting with friends in the bright kiosk area with our resident budgies Millie & Para.

We now have 58 residents and are looking forward to opening stage 2 in the next couple of weeks and gradually over the coming months welcoming a further 62 residents.

It has been a rewarding but challenging time. I am pleased to say we have a total of 50 staff, 17 from Milpara. All have worked extremely hard to make the residents feel at home in a time of great change for all. Thank you.

I would especially like to thank Andrea Goldsmith, our Team Leader, Raechelle Jacjung, our Administrative Officer, and Sue Doogood, our ACFI Co-ordinator, for all the assistance and support they have given me to assist the staff to work together and become the great team they are.

Two weeks after opening when the paint was barely dry, we had a commencing support visit from the staff at the Accreditation Agency. They were very happy with the progress made, the standards achieved, and the plans made for the future.

I would also specially like to thank Ingrid Williams - CEO, Maree McCabe - Executive Operations, Alistair Henderson - Business Development Manager, and other Support Centre staff, for their assistance with our opening and settling in.

Visits from Fran Durham, Nancy Oosterhof, & Jane Elliott (fellow CSMs) who travelled far to teach and show me the TLC way were also much appreciated and needed.

Overall, a good beginning with few challenges, great support, a time for working together, getting to know each other and looking forward to a happy future together.

Thank you.

*Evelyn Hamilton
Clinical Services Manager*



Walking & getting warmer

August saw the residents settling into their new home, and activities started in the second week of the month.



Regular activities include weekly shopping trips, happy hour, quizzes, exercise groups, cooking group, gardening group, knitter's circle and many others.

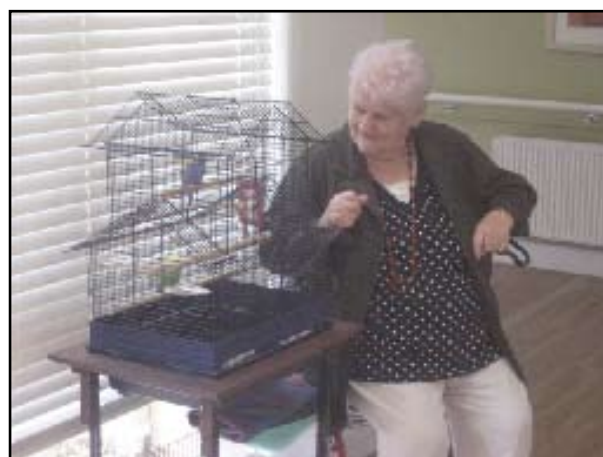


Recently our exercise sessions have included a walk around the block, and this took us about 25 minutes. We are looking forward to a visit by a puppy walker from the Guide Dogs later this month.

At the end of each month, we celebrate birthdays with a special afternoon tea and entertainment. Last month we reminisced about "what we had at children's birthday parties" and played pass the parcel which was thoroughly enjoyed by the residents.



Now that the weather is becoming a little warmer, we will be taking more bus trips around our area. Some of these trips will include lunch at various venues. In December, we will take a trip around Frankston to see the Christmas lights.



Until next time,

*Jane Walton
Lifestyle Co-ordinator*



BITS OF TLC



Melbourne Cup Mayhem

Can you find the listed Melbourne Cup winning horses? Find them all and the left over letters will reveal the secret three word 18 letter solution?

Be sure to check horizontally, vertically, forwards, backwards and diagonally to find them. Letters may be used more than once. Circle each letter in the word instead of the whole word. When all the horses are found the solution will be revealed!

V	M	A	R	A	B	O	U	J	W	L	P	I	A	C
T	I	E	U	U	R	O	R	E	I	O	A	A	R	A
G	G	A	V	R	S	C	R	U	P	R	T	A	S	R
R	H	C	R	E	A	S	H	N	H	D	R	A	E	T
A	T	O	B	W	N	R	I	E	A	F	O	I	N	I
N	A	N	L	O	O	I	I	A	R	U	N	K	A	L
D	N	D	U	D	B	N	N	A	L	R	M	I	L	L
F	D	B	E	A	R	R	N	G	A	Y	A	W	G	E
L	P	I	S	L	Z	O	A	E	P	C	L	I	I	R
A	O	T	P	L	T	U	W	V	W	E	U	M	K	Y
N	W	A	E	A	L	A	L	L	O	H	A	U	E	M
E	E	L	C	B	R	E	W	U	E	Z	A	L	N	A
U	R	L	A	N	T	E	R	N	X	Y	B	V	S	N
R	A	I	N	B	I	R	D	O	B	A	N	K	E	R
C	H	E	S	T	E	R	F	H	I	R	A	J	I	N

- Archer
- Arsenal
- Artilleryman
- Arwon
- Auraria
- Banker
- Bitalli
- Blue Spec
- Bravo
- Brew
- Chester
- Delta
- Evening Peal
- Foxzami
- Grand Flaneur
- Hiraji
- Jeune
- Kensei
- Kiwi
- Lantern
- Lord Fury
- Malua
- Marabou
- Might and Power
- Newhaven
- Old Rowley
- Patron
- Phar Lap
- Rainbird
- Russia
- Wodalla
- Wotan
- Zulu

Solution: Victoria Racing Club

Compiled by Ric Allport – www.brainfoodfactory.com – Challenge your Brain



SUPPORT CENTRE

Staff Profile

Esther Cheung - Training & ER Co-ordinator

Full Name: Esther Wai Sum Cheung

Nicknames: My boss calls me "Little One"/
"Chuckles"

Position at TLC: Training & Employee Relations
Co-ordinator

Began working at TLC: June 2008

Siblings: I am the only child in my family

Currently reading: Bible (can never finish this)

Dream destination: Israel

Favourite meal: Japanese & Chinese

I can't stand it when: people are two-faced

Chinese star sign: I won't tell you as you can guess my age!

A typical Sunday: Will be going back to Church and with a chocolate sundae

Favourite movies/
last movie I saw: Wall-E, Enchanted, Click

Bad habits: Eating snakes!

Most embarrassing
moment: Went into a male toilet

Most valuable advice
ever received: Listen and do not gossip

I don't leave home
without: my mobile phone



Forest Lodge Stage 2

Forest Lodge first opened its doors on 4 August 2008. The progress of the building project has been followed closely within the newsletter and Evelyn tells a lovely story about it within her report.

The second stage of the development which includes an additional 62 beds commenced even before the first stage was completed. As a result, this stage was completed on 13 October 2008 and from that date was ready for residents to move into what is now a 120 bed home, which is fantastic news given that there are people wanting and waiting to come and live at Forest Lodge.

We look forward to welcoming new residents into Forest Lodge and trust that you very much enjoy your new home.



Contact Details - TLC Aged Care Homes

		Phone:
The Homestead	22 Homestead Avenue, Wallington, Victoria, 3221	5250 1188
Homestead Lakes	33 Homestead Avenue, Wallington, Victoria, 3221	5250 5347
The Belmont	235 High Street, Belmont, Victoria, 3216	5243 9342
Marina RAC	385 Blackshaws Road, Altona North, Victoria, 3025	9318 9944
Noble Gardens RAC	55 Thomas Street, Noble Park, Victoria, 3174	9548 5177
Noble Manor RAC	33 Frank Street, Noble Park, Victoria, 3174	9558 4611
Homewood	8 Young Road, Hallam, Victoria, 3803	8795 7825
Sunlight RAC	43 Laurel Street, Whittlesea, Victoria, 3757	9716 3801
Forest Lodge	23 Forest Drive, Frankston North, Victoria, 3220	9773 5888

QUESTIONS? COMMENTS? FEEDBACK?

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

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