



Tabulam and Templer Homes for the Aged Inc.  
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## MESSAGE FROM THE CEO



The sweet sounds of Summer are slowly drifting away and while our days stay warm and somewhat comfortable of late, the hint of Autumn is just around the corner. Before we know it we'll be raking

up those beautifully coloured leaves, collecting them as keepsakes (they make great bookmarks!) and resting in the gentleness of the Autumn breezes.

Wasn't it just yesterday that we were celebrating Christmas? 2017 was an eventful year in itself and we certainly finished it off with a bang at TTHA with wonderful Christmas celebrations. Our staff united once again for our annual staff Christmas party, all bearing gifts to share.

Our independent living unit and aged care residents also shared in some wonderful festivities and Christmas fare along with some fabulous entertainment. Such a joyous time and 2018 will be no different.

We are so fortunate to have such a dedicated team of staff and volunteers who commit so much of their time and energy into making each year so special for everyone.

Preparations are well underway for another eventful year ahead. Plans are certainly afoot for another scrumptious year in our kitchen! Each month includes a nominated international holiday or celebratory event to highlight our multicultural community and the delicious and varied cuisines we are so fortunate to taste and share.

Our information and educational sessions will of course continue at regular intervals throughout the year, giving you and your loved ones the opportunity to hear about changes and what's new in aged care and independent living.

We also take great pleasure in letting you know what plans we have ahead for our facility, what developments we are making and how these will enhance the lives of all of our residents.

Musical flavours always fill the air here at TTHA and we never need an excuse to liven up the atmosphere with tastes of the great classics or themes to suit the occasion. Australia Day celebrations gave us another reason to celebrate our wonderful country and with some great music and an Aussie barbecue and concert, it was too easy to devour that last savoury skewer while being thoroughly entertained!

We also couldn't help but share the love even more on Valentine's Day. While romance and the aroma of red roses filled the air, our residents were delighted with the ballroom dancing demonstration, some of whom didn't hesitate in joining in and taking a partner for a whirl around the dancefloor themselves. It's always wonderful to see our residents get involved in these activities which bring them so much joy and loads of smiles. Our staff also love to be involved and get in on the act! Perhaps we should all take a few minutes each day to step away from our desks and busy-ness and have a little dance ourselves. It certainly does make you feel good.

The traditional feast day, Shrove Tuesday (also known as Pancake Tuesday) was another reason to celebrate and our delicious pancakes were simply too hard to resist. Serving up an array of flavours and satisfying many an appetite, our



kitchen staff organised a healthy supply of pancake goodness, inviting family members to come in and join in on the fun. We didn't quite get to any pancake tossing races, but we can most certainly say 'Sugar and spice and all things nice... that's what our pancakes are made of!'

More recently, a visit and performance from some Chinese members of the Knox Senior Citizens Club was great cause to celebrate Chinese New Year, 2018 being the Year of the Dog. *Xīnnián kuàilè!* (New Year happiness) (pronounced *sshin-nyen kwhy-ler*) is the usual greeting and again we don't need a reason to celebrate and add splashes of colour to TTHA in so many ways! Chinese cuisine really is delicious and I suspect we may yet explore more tasty options for our future celebrations!



Our movie screenings continue this year and our film-nights will no doubt provide a mix of drama, comedy and adventure where our residents can relax in the comfort of our indoor 'cinema', savour a glass of wine or icecream and totally indulge in a good movie. Our 'TTHA-flix' are selected with our residents in mind and we aim to entertain and provide a totally immersive experience with a variety of genres. We encourage all of our residents and their representatives to be involved and come along and enjoy a lovely night's entertainment.

Our Social Support groups also love getting out and about with beautiful scenic drives as weather permits. There is so much of our environment and local community sights to view and enjoy.



Whether it's a yummy pub lunch, a bus trip to Arthur's Seat and delicious iced-coffee pit stop, a visit to the beach and a dose of sunshine or a German cooking lesson, there is plenty to do and see and our residents are always excited about participating in these group activities. If any of our residents and their family members would like to be involved or find out more, please let our Community Care group know and we'll give you all the information you need. You may also enjoy connecting with other residents who are already involved and hear their stories and tales of their outdoor adventures.

This is a first-time event for Melbourne and it's coming up from Tuesday to Sunday, 13 – 18 March and involves a variety of events happening at a number of venues around Melbourne including:



- **13 March**
  - Tour through the University of Melbourne
  - Opening Ceremony
- **14 March**
  - Singalong with German folksongs and poems
  - Opera Recital
- **15 March**
  - **Open day at TTHA**
  - 'David meets Goliath' Business Forum (Clayton)
- **16 March**
  - German Australian Business Women Association – Business breakfast (Melb)
  - Gala Night Dinner with Opera 'Barber of Seville' by Co-Opera of Australia (Athaneum Club Melbourne)
- **17 March**
  - Scholarships for Australian German Student Exchange program (SAGSE)
  - Open Day and Kids' movie Deutsche Schule (North Fitzroy)
  - Book Market German Saturday School
  - Luther Musical (German Trinity Church)
- **18 March**
  - Poster Exhibition Opening 'Totally EAST' (Goethe Institut)

If you're interested in booking for any of these events around Melbourne, visit the website: [melbourneromanweek.com.au](http://melbourneromanweek.com.au) and register your attendance.

We wanted to let you know too that our Home Care packages have become even more personalised now, providing you with even greater choices. We understand that for many of us as we get older, the thought of moving into an aged

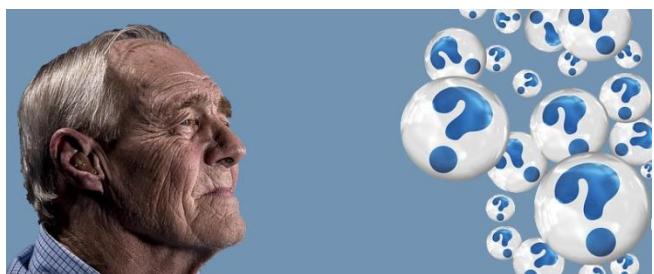
care facility can be challenging. TTHA at Home can help you or your loved one stay at home longer and it's certainly worth chatting to us about how we can assist. The changes the Government has made in Aged Care, means that you or your loved ones can make the decision to use one of the services provided by TTHA. We have a strong, long-term commitment to your care we'll give you all the information and support you need to help you along the way regardless of whether you're considering independent living, retirement living, residential aged care, respite care or social support.

As we look ahead to all the activities that 2018 will bring we invite you and your families to come in and chat to us about your own aged care requirements, our social calendar and how you can become involved.

Enjoy a magnificent Autumn!  
**Eva Simo - CEO**



## FOCUS ON DEMENTIA



We are fortunate indeed to be given the opportunity to partner with Dementia Australia. For the first half of 2018 our focus is on providing world class education to our staff, residents and their representatives.

For **staff** the following dates are critical:

**15 March:**

The Dementia Experience - 15 participants

**19 April:**

Understanding Dementia - 24 participants

**10 May:**

Applying a Problem Solving Approach - 24 participants

Please book at Reception.

For **residents and representatives** we have arranged a special session on **22 March at 5:30PM – 7PM** with complimentary wine and cheese. A trainer from Dementia Australia will share with us information and facts about dementia, communication strategies, and understanding of the services that can assist both the resident and family members. Numbers will be limited to 25, and bookings will be taken at Reception. Come along and meet the clinical team, and other members of the TTHA community.

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## WORD FROM THE DIRECTOR OF CARE

Summer is whizzing past, and we can already feel autumn beginning to cool us down at night. Our new documentation system is in place now and we continue to provide our staff with direction and further training to ensure they understand how to document all the different things they need to, and in the right way. MedMobile (another module of ICare), has been taken up by our staff, and it has truly made a difference to the safety of our residents, in terms of documenting and flagging residents' medication.

Missed signatures are now practically a thing of the past. After a period of reviewing our current services, we have decided to move across to a new provider for our medical supplies and continence aids. Bunzl will introduce a new continence product, commencing on 26 February, 2018.

The opportunities are vast, with purchasing power of a very large company, and access to a lot of education and training. Best practice will be assured, as will staff support, with Caroline (our Bunzl liaison person) being onsite for 7

days straight, including across some of the night shifts. The products themselves, Abena, are made in Denmark. High breathability, and quality products, shall ensure that we are able to assist all residents who are requiring continence support. To assist with resident support, the Abena system shall also be implemented – this means that many residents' continence needs will be reassessed, to ensure that all products meet their needs.

I am trying to arrange for Caroline and Deb to do a presentation at one of our residents and representatives meetings to enhance learnings around modern continence support. More on that as it comes to hand. To assist us we have formed a special interest staff group that will be provided the extra opportunities for learning in continence assistance, and our champions, going forward.

Bunzl also provide medical stores, which are very competitively priced for again, high quality products. So really win win. Thank you again for your ongoing support.

Until next time,

**Helen Povall - Director of Care**

## QUOTE OF THE SEASON



## LIFESTYLE

### Christmas Party for the ILU and Residents

The Christmas season always brings joy and celebrations which our residents enjoyed thoroughly with various seasonal activities, food and music. On the 20<sup>th</sup> of December we had the ILU Christmas Party in the main dining room. For dinner our ILU residents enjoyed Frankfurt sausages, potato salad and Gluhwein organised by the kitchen. All the ILU residents brought a plate to share. The Lifestyle department along with the IV's sang Christmas Carols and gifts were distributed to conclude the evening.

On the 22<sup>nd</sup> of December for the Residents Christmas Lunch, the main dining room was decorated with lights and a Christmas tree. We had a sumptuous meal organised and Eva Simo (CEO) gave a warm welcome to our residents. We had Pastor Christoph, the IV's and Lifestyle team sing Christmas carols accompanied by Elisabeth Wagner on the piano. All the residents had a wonderful time and loved their Christmas gifts.

During Christmas Eve all residents received a gift with their breakfast tray and on New Year's Eve we had a box of nibbles and wine organised by the Lifestyle Department for each wing to share and welcome 2018.

### Primary Schools Children's Choirs

On the 5<sup>th</sup> of December The Basin Primary School choir were invited to share the Christmas spirit. The children sang Christmas carols in both German and English, and the residents sang along. Towards the end of the show the kids had a chance to meet and greet the residents and were treated to a chocolate cake and fruit platter which they enjoyed.

On the 12<sup>th</sup> of December a group of 40 children from Bayswater South Primary school sang Christmas carols, danced and entertained the residents. They were accompanied with their mentor Linton and other school staff. The residents loved their performance and enjoyed mingling with them. All the kids enjoyed the cake and lolly bags given to them.



### St Nicholas Day celebrations

The facility celebrated St. Nicholas Day with the residents and staff decorating the common areas and putting up the Christmas trees. Christmas cookies, lollies

and Gluhwein were given to all the residents in different units and put up at the reception for any visitors who wished to join in the celebrations.



The residents enjoyed being a part of decorating the facility with other staff members who actively participated and to encourage everyone's involvement a prize was offered for the best decorated wing and won by Tabulam.



## German Choir

The Evergreen German choir gave a splendid performance on the 7<sup>th</sup> of December. Hannelore and her group of 8 members sang various German Christmas carols and our resident Elisabeth Wagner joined in to play the piano. Residents participated and sang along with the choir

members who also had time to sit and chat with the residents and share their experiences.

## Christmas Lights

On the 11<sup>th</sup> of December the Lifestyle team organised a bus trip to see the Christmas lights in neighbouring suburbs. The residents were awed by the Christmas lights display at Hugo Court in Narre Warren. There were a large number of houses in the court which had their own Christmas-themed decorations.



To our surprise ABC news interviewed and recorded a video of our residents. Little did we know our residents were celebrities as they appeared on the ABC News the following evening.

## Cooking classes with our Chef

Every month we have cooking classes for the residents and on the 14<sup>th</sup> and 19<sup>th</sup> of December the Chef organised to make some Christmas cookies and mince pies with the residents. The residents helped to make and bake the jam cookie dough and couldn't wait to taste the cookies as the smell of freshly baked goodies wafted through the building. They enjoyed the

overall experience which stimulated sense of smell and taste.



## Nativity Story

On the 21<sup>st</sup> December Pastor Christoph sang Christmas carols and narrated the Nativity story for the residents in the main dining room. The residents enjoyed the experience. They participated by singing with the Pastor and keenly listening to the Nativity story. Light refreshments and finger food was served after the event.

## Australia Day BBQ

TTHA residents and staff celebrated Australia Day by decorating the facility in an Aussie theme with colours and flags. A special BBQ was organised for the residents in the courtyard outside the main dining room. Lifestyle staff and IV's cooked the BBQ for the residents, who enjoyed a wide array of grilled meats, vegetable skewers and salads. During the afternoon residents enjoy the themed entertainment provided by the entertainer, Alex.

The staff also had a separate BBQ which was organised in the decking area behind the Café. Sam (Lifestyle coordinator) and

Bill (resident) helped and cooked up a meal for the staff to integrate and celebrate Australia Day. Overall all the residents and staff had a wonderful time.



## Scenic Drive to Arthur's Seat

Our residents were looking forward to going on the BBQ picnic lunch to Arthur's Seat on the 2<sup>nd</sup> February. The residents loved the scenic views of Port Phillip Bay and Mornington Peninsula. They visited the Enchanted Garden Maze, Charlie's Auto Museum and Seawinds Nursery and settled down for a BBQ lunch where they had Bratwurst sausages, sandwiches and salad, followed by a cup of coffee. The weather was fantastic and residents had a great time.



## Pancake Day & Shrove Tuesday

On the 13<sup>th</sup> February our residents enjoyed delicious pancakes served up by the kitchen and Lifestyle team.



Pancake Day has been celebrated since the 1400s. Known also as Shrove Tuesday, its exact date – rather confusingly – changes every year, as it is determined by when Easter falls. But it is always the day preceding Ash Wednesday (the first day of Lent).

## Valentine's Day



Valentine's Day was a fun day at TTHA. Our residents enjoyed a lovely concert with romantic songs. All ladies received a red rose and friendships were the talk of the day.



## Pub lunch outing

On 16<sup>th</sup> February our residents enjoyed a delicious pub meal at Bayswater Hotel.

## Chinese New Year Celebrations

On the 19<sup>th</sup> February our residents celebrated Chinese New Year, the year of the dog, with the Knox Chinese senior citizens performing tai chi, a lion dance and Chinese singing with audience participation. Our residents had a delightful afternoon.



## Something new...



The Lifestyle department at TTHA is planning a new activity for the residents where we are hoping to connect them with family overseas or interstate. We plan on doing this with Skype and Facetime calls so that everyone can see each other if possible.

The tricky part of this activity comes in the initial organisation and for that we would like to ask for your help. We are hoping that with your assistance in speaking to those distant family members (letting them know times and helping us to set up initial communication) we can make this activity both fun and re-establish some links with perhaps long unseen siblings, children, grandchildren and more. If the event is a success it may become a regular or semi-regular event.



While we do not have a date for this event at the moment beyond a potential start in mid-May we do need to start to get some details together.

If you are happy for your family to participate and they of course agree we will need a couple of things.

1. A confirmation from you of interest
2. The family members name
3. Their relation to the resident
4. Whether they have access to skype or Facetime
5. Their Username on that service

TTHA will set up its own accounts and all contact during this activity will be made using those accounts to simplify things and to ensure the safety of the residents

Thank you in advance for any assistance. We look forward to hearing your ideas.

We have lots planned for Autumn in Lifestyle and with all of our activities. Thanks for joining in and being part of what we get up to here in Lifestyle!

**Sam & the Lifestyle team**

## MONTHLY ACTIVITIES

**Bus outings** are conducted by our Lifestyle team every Monday and Friday, one for Tabulam residents and one for all other residents. Always a fun experience.

**Pet Therapy** is organised with Pam every Wednesday in Tabulam.

**The Theatre room experience** is held every Tuesday and Wednesday with one special German movie night per month.

**Carpet Bowls** occurs every Thursday in Otto Upper.

**Gentle Exercises and Tai chi** are also held every Tuesday and Thursday.



**Bratwurst mit Sauerkraut**



**Apfelstrudel**

## DELICIOUS AUTUMN MENU

With Autumn just upon us some hearty meals are being prepared in our kitchen. We're keeping the favourites, while adding new dishes and fresh flavours to our delicious menu. To get your mouth-watering, we've highlighted a few of our favourites:



**Leberkäse**



**German Chocolate Cake**

## CAFÉ OPENING HOURS

Come and share some beautiful cakes and pretzels with us on a Tuesdays, Thursdays & Sundays from 2pm to 4pm.



## SOCIAL SUPPORT GROUP

December, as always, was our celebration month, with special Christmas lunches being both festive and delicious at the beautiful Rose Cottage in Monbulk and Rosebank North Homestead in Ringwood, and finishing up our year with a lovely Christmas celebration day in the TTHA Sunroom.

After a short break over the Christmas and New Year period, our groups are now all back on board the Auckland bus for some summer outings!



We have been enjoying the sunshine in the beautiful green surrounds of Eltham; having picnics in the park at Silvan dam; wandering along the beachfront at Ricketts Point and Frankston; visiting the pigs and chickens at the Piggery Café in Sherbrooke and sampling the stone fruit at Rayners Orchard in Wandin.



Summer is always a popular time for visiting all of the wonderful outdoor venues that the Dandenong Ranges, Yarra Valley and the bayside beaches have to offer, and we're planning plenty more before the cooler weather sets in again!



If you would like to be part of our happy outings groups, you just need to give the Community Care office a call... We still have some vacancies at the moment and we are always looking forward to welcoming new group members! Call in to see Pat in the Community Care Office or phone: 8720 1338.

**Susi Richter & team**



## TTHA AT HOME

Wow! What a busy period the last few months have been. I am sure that most of you can only agree we have had lots of celebrations, overindulging, sharing the love and of course quality time with friends and family over this festive season. As for myself I was fortunate enough to have family from abroad spend this special season with us.

This summer so far has been fairly hot and I do hope that you have managed to keep cool and rehydrated at all times, remember that although you may not feel thirsty it is very important to have enough liquids in you at all times, icy poles are a really good way of keeping cool and they even taste nice.

As we are heading into Autumn the days will become shorter and the nights cooler again, so please enjoy every minute of it and get as much Vitamin D into your body as possible, afternoon walks are a great way to do this. Personally, this has got to be one of my favourite times of the year especially seeing the colours of the leaves turn into golden orange or yellow. Melbourne does always present a wonderful autumn to its inhabitants.

Due to the extreme heat in December we unfortunately had to cancel our High Tea Event under short notice but we are looking at new dates in the not too distant future and will advise you once confirmed.

Our team has been rather busy with new sign up of clients since after Christmas and we are now also implementing a reward

system for all clients or friends in the community that refer onto TTHA at Home.

If you have a friend or neighbour or family member that you feel would benefit from home care services either funded or privately contact our office on 8720 1338.



**REFER A FRIEND  
and be rewarded**

For any referral that turns into a client of TTHA at Home we will reward you with either:

1. **\$100.00 Gift Voucher**
2. **\$100.00 Gold Class Voucher**
3. **Or if you are an existing client with us you could choose 2 hours of services for free. Valued at \$100.**

For more information on government funded home care packages or private services come and visit us in our offices (entrance on the right hand side as you drive into the main front entrance car park area) or contact us on 8270 1338 and speak to one of our lovely Care Advisors.

We look forward to seeing you.

Your TTHA at Home Team,

**Anja, Monika, Pat, Prue and Ricci**

## NEW COMPUTER TRAINING PROGRAM

### Be Connected

Every Australian online.

Commences weekly in April for TTHA Residents

'Be Connected' is a free Australian Government initiative helping older people to get the most out of going online. They can discover how being online can add new skills and experiences to their lives. They will be able to keep in contact with their loved ones and friends on a more regular basis.

It will cover the following:

1. Taking the first steps online
2. Starting their online journey with Be Connected
3. Creating an free account
4. The Essentials
5. Getting to know their IPAD/Computer/laptop
4. How to use their Keyboard
5. Useful keyboard shortcuts
6. Using the Mouse if one is used with the computer
7. Getting started with their computer or laptop
6. Getting started on line
7. What does this mean?
8. Safety First
9. More online skills
10. Connecting with others
11. Helpful resources
12. Their notes
13. Opportunity for them to continue on using the Be Connected details.

## TTHA HEALTH SUPPORT

Michaela Zimmermann has had her practice at TTHA since 2007. For the past 11 years, Michaela has been helping our residents and sometimes staff with Naturopathy, Myotherapy and Massage.



Michaela studied both in Germany and Australia and her sweet personality simply gets you in the mood to feel better. Our residents book appointments with Michaela either when referred by their doctors or when feeling pain. The rooms are open to non-residents, including Community Care clients and staff. Once you have been treated by Michaela, you will leave her room feeling happier and better.

You can make an appointment with Michaela for a relaxation massage or if you are in pain. She will work on you with needling, cupping, laser and aromas. Michaela works on Mondays, Tuesdays, Thursdays and Fridays from 9am until 7pm.

**You can book an appointment with Michaela for Naturopathy, Myotherapy or Massage by calling 0408 506 117.**

## MEET JENNY PEACOCK – CLIENT LIAISON OFFICER



I commenced my new and exciting role as Client Liaison Officer on June 21, 2017. I love a challenge and developing this new position with responsibilities including primarily keeping occupancy at or near 100%, forging relationships with our ILU residents and providing reassurance and comfort to new residents and their families was definitely one I was going to enjoy!

I love where my role takes me. It gives me immense satisfaction and I cannot pick a particular part of my job that I enjoy more than any other. I love conducting tours and exploring our wonderful facility with existing and prospective residents. I take great pride in what we offer here at TTHA; from our activity calendar, the ever-changing menu, our lovely hairdresser, and our wonderful staff. The word “gemutlichkeit” is always in my mind. Forging lasting and very special relationships with our ILU residents has been such a lot of fun and we now have a Social Committee consisting of Lynda Catlow, Lottie Hohnholt, Alwine Steltenkamp, and David Perry. A very enthusiastic and fun committee indeed! We have a lot of laughs and are planning trips out and about, including Swan Lake on Ice! Oooh... I'm looking forward to that! We've also started a Happy Hour of our own which has been well attended and I am always fascinated and intrigued by the stories and life experiences our residents share. There is a fantastic sense

of a warm community here at TTHA, whether school children come and visit or families pop in for a visit and/or to participate in the activities and I feel privileged to be accepted as a friend and advisor.

Providing reassurance and comfort to new residents and their families has been hugely fulfilling and rewarding. Having someone to talk to on a daily basis makes the transition a little easier. I'm here to help and understand that it's a major move and lifestyle change for both families and their loved ones and we're all here to make you, Mum and Dad feel welcome. I like to add that special touch too by providing welcome cards and flowers on arrival. We all want our residents to feel as comfortable as possible and rest assured our staff will readily approach me if they believe that a resident is feeling sad or lonely. I'll visit that resident, sit down and have a chat, make them laugh, comfort and assure them and let them know that they can talk to me in confidence.

I love helping people, whether it's Jodi with her huge trolley, Alfred with his birds, or helping at Reception. As long as my days are full I'm happy! Appearing on our brochures and on our website has been great and the photo shoot with our ILU residents was so much fun!

I am looking forward to growing old with these new found friends of mine! Please contact me on (03) 8720 1333 or email me at [jenny.peacock@ttha.org.au](mailto:jenny.peacock@ttha.org.au) if you have any questions whatsoever.

**Jenny Peacock - Client Liaison Officer**



**PrimeCare**  
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AUST. FINANCIAL SERVICES LICENCE NO. 473 141  
ACN 602 458 613

# Aged Care Expo + Symposium



PrimeCare is pleased to announce:  
**The Boroondara Aged Care Expo and Symposium**

*"It's Local and Relevant all under the one roof"*

**FREE ENTRY**

**Times:** 9:30am - 2:00pm

**When:** Wed 21<sup>st</sup> of March 2018

**Where:** Parkview Room - Camberwell Library  
340 Camberwell Road Camberwell

Plenty of free parking available  
Free coffee, tea, snacks & giveaways provided  
Ph: 03 9006 1736



**PrimeCare**  
FINANCIAL PLANNING PTY. LTD.  
AUST. FINANCIAL SERVICES LICENCE NO. 473 141  
ACN 602 458 613

# Aged Care Expo + Symposium

## What's on:

- Plenty of great exhibitors all in the one place
- Great speakers on aspects of ageing
- Aged Care facilities
- Senior Accommodation Options
- Home Care Services
- eHome safety for the aged
- Aged Care Financial Advisers
- Elder Law

## Symposium Content:

- The Future of Dementia Care
- Understanding home care packages
- Understanding aged care financials
- Advice on Mental Health in the aged
- Adding Life to Years with Dignity
- Smart Downsizing

Please direct enquiries to:

call 03 9006 1736

email [enquire@primecarefinancial.com.au](mailto:enquire@primecarefinancial.com.au)  
or visit [www.primecarefinancial.com.au](http://www.primecarefinancial.com.au)

**TTHA will have a table at  
the Aged Care Expo &  
Symposium  
Come and see us**

# TTHA Open Day



melbourne  
german  
week

Thursday 15 March

10 am to 2 pm

31-41 Elizabeth St, Bayswater 3153

All day tours, free morning & afternoon tea

Information about Residential Aged Care,  
Home Care Services & Retirement Living

[www.ttha.org.au](http://www.ttha.org.au) or email [ttha@ttha.org.au](mailto:ttha@ttha.org.au)

As part of Melbourne German Week's event calendar, we invite you to TTHA's Open Day.



Take some time out and come and visit us on our Open Day on Thursday 15<sup>th</sup> March between 10 am and 2 pm. Get answers to all those questions and concerns you might have with regard to aged care and what TTHA can offer to suit you and your family.



It's the perfect opportunity to explore the facility, chat to our staff and learn more about our wonderful community here at TTHA. If you or your loved ones are contemplating the transition to aged care, then join us over a cuppa and morning or afternoon tea and discuss the options available to you.



Everyone's welcome to attend and no pre-registration is necessary. We look forward to meeting you! Contact us on (03) 8720 1333 or <http://www.ttha.org.au> to find out more.



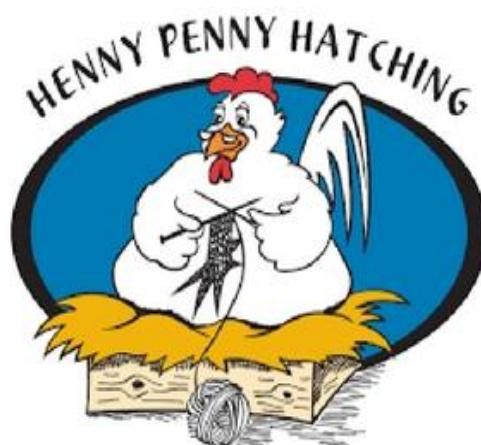
  

**MELBOURNE GERMAN WEEK** ARTS TECHNOLOGY ENTERTAINMENT

13 - 18 MARCH 2018

[melbourneromanweek.com.au](http://melbourneromanweek.com.au)

## EVENTS COMING UP IN MARCH



Living Eggs Ready Hatch Program  
13 -23 March

ST.  
**PATRICK'S DAY** & happy hour  
Friday 16 March

# Easter Market

Monday March 26th





Together we can make a difference



## ACT NOW! Make a Difference

I would love to become part of the TTHA Community and make a huge difference to the lives of others.

I enclose a cheque for:  \$10  \$30  \$50  \$100 Other: \$ \_\_\_\_\_

I would like to make a cash donation of:  \$10  \$30  \$50  \$100 Other: \$ \_\_\_\_\_

**TTHA IS A NON-PROFIT ORGANISATION. DONATIONS OF \$2 AND OVER ARE TAX DEDUCTIBLE**

**Your donations will greatly contribute towards TTHA's commitment to improve the lives and wellbeing of our residents through activities, resources and the ongoing development of our facility and services. Your contribution will make a difference.**

Mr/Mrs/Miss/Other \_\_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Confidentiality and Privacy:** TTHA respects your privacy. By providing your email address you will automatically be added to our Newsletter distribution list. If you prefer not to receive our communications, please unsubscribe. We keep your bank account details confidential.

**Address:** 31-41 Elizabeth St, Bayswater, Vic. 3153

Telephone: 03 8720 1333 Fax: 03 9729 9356

Email: [ttha@ttha.org.au](mailto:ttha@ttha.org.au)