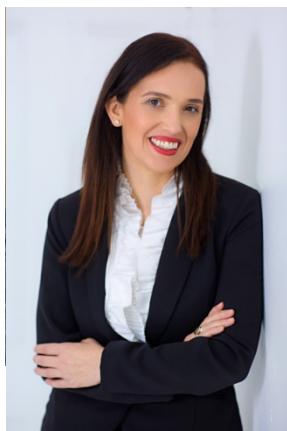




Tabulam & Templer Homes for the Aged Inc.
31-41 Elizabeth St, Bayswater 3153
8720 1333 | ttha@ttha.org.au | ttha.org.au



A MESSAGE FROM THE CEO



Winter has arrived, with the icy winds and extreme weather seen sporadically right across the state. We have been staying indoors more of late with activities being more relaxed and when weather

permits. Warming soups and comfort foods have been on the menu, so warming for the soul.

Recently we have welcomed a new Client Liaison Officer, Lisa Karstens and I would like to take this opportunity to introduce her to you. Lisa comes to us from Germany with vast experience in health care and health promotion. Lisa's passion has always been supporting people in need and being in close liaison with her clients. Lisa is looking forward to meeting everyone and getting to know all of the residents. If you would like to contact Lisa, please call 8720 1359 or email lisa.karstens@ttha.org.au. On your next



visit, please say hello to Lisa and welcome her to the TTHA community.

As we say hello, we also need to wish Jenny Peacock good luck in her retirement. I would like to thank Jenny for the amazing work she has done at TTHA over the last eight years and wish her well in retirement. As you all know, Jenny has made an amazing contribution and contributed so much to many residents' lives. Jenny will continue at TTHA as a volunteer so you will continue to see Jenny around the home visiting residents.



March was a busy time for TTHA and Accent Home Care as we were the Patron sponsors for Cultural Diversity Week. Cultural Diversity Week is a magnificent way to celebrate our vastly culturally diverse country and to celebrate all of the varied cultures which contribute to who we are. The Premier's Gala dinner showcased singers, dancers and music

from many different cultures and celebrated how perfectly different we all are. The Victorian Multicultural Festival and Cultural Waves celebrated cultures from all over the world, why they are great and educated delegates on what's important and special about each culture. Thank you to everyone who supported these events with their attendance.



Our independent living unit and aged care residents have been adoring the Lifestyle events and entertainment this year already. International Nurses Day, National Volunteers Week, Mother's Day and Easter festivities proved to be great celebrations here at TTHA with everyone enjoyed the delicious cuisine, wonderful company and entertainment. 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 event, outing and celebration so special for everyone, thank you to all of our care staff and volunteers.

Tim and our Kitchen staff have recently rolled out a delicious new and seasonal menu. The new menu has introduced a vast array of new and traditional German fare while keeping our favorites for all to

enjoy. We have also redesigned the menu layout to an easy to read 'café' design, so please pick up your copy of our menu in reception. The menu is also on display in A3 size at the entrance of every dining room for easy access for our residents. Our Kitchen and Lifestyle teams delight in pairing special days on the calendar and events with our cuisine. So be sure to get a copy of our Lifestyle calendar also to view which cultural events we are celebrating and the delicious cultural fare which will be paired.

Shrove Tuesday is a perfect example of one of these events. Our Lifestyle team hosted pancake day in the main dining room after lunch had been shared. Residents were greeted with piping hot, fluffy pancakes which they devoured with a dollop of vanilla ice-cream. Pancakes were shared, while friends chatted around the table and enjoyed the afternoon with a deliciously sweet treat.



We also couldn't help but share the festive spirit on St Patrick's Day, always a fun and joyous celebration at the home. Our St Patrick's Day was observed at our Friday Happy Hour in the main dining room. The dining room was a sea of green and gold with residents and staff adorned green

wigs, hats and silly outfits to join in the merriment. Our entertainer Douglas led our residents in a sing-a-long of traditional Irish music, with laughter and fun had by all, while enjoying a beer or wine and delicious nibbles.



Our Easter celebrations are always a treat with a special visit from the Easter bunny, a hot cross bun afternoon tea, happy hour celebrations and our Easter Chocolates and raffle which always bring a smile. Reception is always a buzz when these events are on with colorful decorations, staff and residents purchasing their imported Easter treats and raffle tickets. We would like to congratulate the winners of our Easter raffle; 1st prize – Annette Fields, 2nd prize - Susana Lammertsma and 3rd - Anne-Maree Schmidt, we hope you enjoyed your Easter baskets. I would also like to thank Bakers Delight Boronia Junction who donate over 170 hot cross buns for our Easter treats.



Whilst we love our food, outings and celebrations, we also must address the more formal activities. During May we held our Independent Living Units' and Residents and Representatives' meetings. These meetings are held regularly throughout the year and we invite and encourage our residents and their representatives to come along, be involved, contribute and hear about what's happening around TTHA. If you or a loved one would like to attend the next meeting, please speak to our Lifestyle team.

Our information and educational sessions are continuing 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. Our presentation 'Aged Care – An Overview' was extremely popular. Our board members and myself led the audience through an informative session on what the costs are, when is aged care necessary, what's involved and some new updates on our new building. If you would like further information on residential, retirement living or home care, please contact reception on 8720 1333 to make an appointment to speak with our caring staff.



The TSA also recently hosted an informative session for families on Palliative Care. The presenter, Nora Fernandes, led families through the Palliative Care journey, what to expect and what's involved. If you or a loved one would like some further information on palliative care, please contact our reception on 8720 1333.

Winter brings some fantastic celebrations which we usually enjoy with our Friday Happy Hour, residents love our themed days and dressing up. Some highlights of our winter events include Queens Birthday, Red Nose Day, Christmas in July, Cancer Council afternoon tea, International Beer Day and Indian Cultural Day just to name a few. These events will be celebrated with vibrant entertainment, delicious cuisine as well as some Flamboyant dress-ups to bring a smile and a laugh to everyone's faces.



We are also excited to announce that Accent Home Care has been officially launched at the recent Aged Care Expo in Camberwell. The exceptional care, wonderful staff and services remain the same, only the name has changed. You would have begun to see new posts on

our social media sites with regards to Accent Home Care, we also encourage you to visit the website which is www.accenthomecare.org.au for further information.

For every friend you refer to Accent Home Care, you will receive one of the following tokens of appreciation once they have signed up with us.*

GIFT VOUCHER
\$100 GIFT VOUCHER

2 FREE HOURS OF SERVICE[^]

GOLD CLASS
\$100 GOLD CLASS VOUCHER

Refer as many friends as you wish and keep being rewarded.
Contact us for more information.

*Offer is redeemable only once the person referred has signed up with Accent Home Care.
^To the value of \$100. Terms and Conditions apply. Speak to Accent Home Care for more details.

31-41 Elizabeth Street, Bayswater VIC 3153
Visit our website: accenthomecare.org.au
or email us at: homecare@accenthomecare.org.au

As another wonderful and exciting season begins, we would like to invite you to come in and talk to us about your own or a loved one's aged care requirements. If you or a loved one wants to stay at home longer and need some extra support, why not give our Home Care team a call and see how we can help you with gardening, cleaning, personal care, medication management or social and emotional support. Our very experienced staff are there to answer all of your questions and assist you along the journey. If you would like to make a Home Care enquiry or for any of the services TTHA provides please contact us on (03) 8720 1333 or visit our website (www.ttha.org.au).

Stay warm this winter!
Eva Simo – CEO



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QUOTE OF THE SEASON



TEMPTING TREATS CAFÉ

Tempting Treats Café is open 7 days, 10am to 4pm. Closed on public holidays. To make a group table booking, please call reception with the details 8720 1333. **We are currently looking for volunteers for our café. If you would like to volunteer, please contact reception on 8720 1333.**

WORK WITH US

Are you seeking a long and rewarding career within a caring organisation? Are you passionate about aged care? TTHA is currently looking for enthusiastic Registered Nurses, PCAs and Community Care Support workers. If this sounds like you, please send your resume to careers@ttha.org.au



EMPLOYEE OF THE MONTH

Congratulations to our employees of the month. We thank you for your contribution to the TTHA family.



Katherine Mubaira – February



Jessica Freeland – March



Debbie Melbourne – April

BIRCH UPDATE

In recent weeks, work on the Birch Project has centred around working out how we can increase the involvement of all members of the TTHA community in the project.

As you know focus groups were held at the start of the project to identify opportunities for improvement and several sessions were held subsequently to update everyone on the progress of the project.

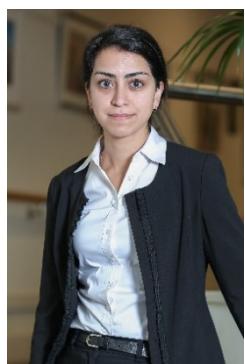
We are currently ensuring that the Birch Project key objective that “Everyone is valued and engaged” at TTHA aligns with the new Aged Care Quality Standards.



The next stage is to widen the engagement of people in TTHA so that everyone has an investment in the project outcomes. This will be done by facilitated sessions, supported by staff and Dementia Australia representatives.



Clinical Update



As of 1st July 2019 the New Aged Care Quality Standards will come into affect. The New Standards are focused on consumer outcome and consumer dignity and choice. In preparation for the new standards, TTHA

has engaged Sue Lane, who has a vast knowledge of Quality Standards. Sue will assist us with ensuring our policies and procedures are in-line with the new standards.

The Quality and Safety Commission visited TTHA on the 26th March 2019 to conduct an unannounced assessment of our residential services. Thank you to all the residents who welcomed the Quality and Safety Assessors into your home and spoke with them. We have received the outcome of the assessment and have met all the expected outcomes as per the Aged Care Quality Standards.

We have also recently applied for our Re-Accreditation and are expecting our reaccreditation visit from the Aged Care Quality and Safety Commission between July to November 2019. We will endeavour to notify all the residents and their nominated representatives on the day of the visit.

The current building works have caused some movements around the home of late, we have communicated these via email and we will continue to communicate this information as it becomes available to us.

The Warrina Lower and Warrina Upper nurses stations have moved. The Warrina Lower Nurses station have moved to Altersheim as of the 6th May 2019 and the Warrina Upper Nurses station has moved to opposite room 609. Please come and say hello to the team in the new nurses stations and welcome them to their new areas.

Our Chemist, 'Terry White Chemist Rosana' has been purchased by 'Blooms the Chemist' and therefore has had a change of name. 'Blooms the Chemist' will continue to provide the same services as per the previous agreement such as price matching and the Imprest services. The Imprest service allows quick access to more commonly used analgesia and antibiotics. If you notice any medications including vitamins or supplements offered at a lower price elsewhere you can contact the pharmacy and ask for a price match and they will ensure they match the pricing as closely as possible. If you have any questions or need assistance please feel free to come and see myself or one of the Clinical Care Coordinators.

Sara Jahanara
Director of Care



Blooms 
THE CHEMIST

BUILDING UPDATE

We would like to take the opportunity to bring you up-to-date with the current state of the building works. The columns over the administration area are already in place and the boxing out of the support and shape of the level 2 slab are well on the way.



Above: Level 2 slab preparation works

Most of the precast panels to level 1 will be installed over the next few weeks and the bulk of the work will be focussed on preparing for the pour of the level 2 slab.



Above: Preparation of the level 2 columns



Above: eastern bedroom view

The official completion date for the main building has now moved to the 27/01/2020 with the final completion now the 21/05/2020. The building company are however endeavouring to still complete the new building prior to Christmas.



Above: Looking between the new build and Altersheim from the level 2 area



Above: Level 1 view across to O.L. Wing from the balcony

LIFESTYLE

Tooradin Bus Outing

The sun was shining on the first day of February and residents were ready with their sunhats to board the bus to Tooradin. A fish and chips lunch were enjoyed at the Pelican café in Tooradin while residents watched the world go by. After lunch residents relaxed by the pier chatting and enjoying the view. The bus ride home was complete with a delicious ice-cream shared with friends.



Valentine's Day

On February 14th residents awoke to have their breakfast and were greeted with a surprise of chocolate hearts for Valentine's day. A further surprise awaited at happy hour, the main dining room was filled with red balloons, decorations and hearts, tables and chairs arranged as an intimate theatre. Residents snacked on popcorn and choc top ice-creams as they watched the romantic film being projected onto the wall. The day was enjoyed by all.



Shrove Tuesday

On the 5th of March residents and staff celebrated Shrove Tuesday (Pancake day). After lunch residents were delighted by the smell of freshly cooked, piping hot pancakes loaded with vanilla ice cream. Such a beautiful way to finish a meal and put smiles on everyone's faces.



International Women's Day

Residents celebrated International Women's Day with a beautifully prepared high tea, surrounded by elegant decorations of dusty pastel colours. Female residents enjoyed an array of sweets, coffee and tea as well as interesting conversation on womanhood and how gender roles have changed since they were young.



St. Patrick's Day

On the 14th Of March residents were welcomed to happy hour with a special St Patrick's Day celebration. The main dining room was decorated in a sea of green and gold and our entertainer, Douglas, led residents in a sing song of all traditional Irish songs. Resident enjoyed a beer or wine, some delicious finger food and laughter at the entertaining music and merriment.



Harmony Day

The 21st of March welcomed 'Harmony Day', a celebration of diversity, culture and togetherness. Residents celebrated this day and its message during happy hour in the main dining room. Performer,

Les, entertained our residents with music from all over the globe while everyone enjoyed nibbles and refreshments.



Montessori activities

March saw us increasing our focus on providing Montessori activities for residents in Tabulam. Residents have been enjoying being involved in work around the home and are often delighted to see the end results. A recent activity of creating floral arrangements gave real joy when residents saw them displayed in the dining room.



Men's Group Outing

The 3rd Of April was an exciting day for our TTHA men's group. This outing saw our group travel to The Australian Rainbow Trout Farm in Macclesfield for lunch and a spot of fishing. Some residents took the opportunity to go fishing whilst others just enjoyed eating the fish caught and have a beer in the sun. Either way, all residents had a fantastic day and are keen to visit again.



Chicken Hatching Program



arrive and are delighted when the chicks hatch. All residents enjoy holding the chicks, caring for them and watching them grow. The experience is truly a great way to mark the beginning of Easter.

The Easter Chicken Hatching program is one of the favourite events of the Easter calendar for both residents and staff. Residents eagerly anticipate when the eggs

Easter Bunny Visit

You can't have Easter without chocolate and who better to deliver it than the Easter Bunny. Residents were happily surprised and rather amused when a furry hand came and tapped them on the shoulder and offered them some Easter eggs. We were all delighted to see the Easter bunny hopping around the facility, delivering chocolate and bringing smiles to all.



The Rex and Shirley Show

Friday the 5th of April residents were greeted at happy hour by some very different entertainment, puppets, from the Rex and Shirley show. The Rex and Shirley show put on a fantastic performance involving comedy, singing and dancing. Residents enjoyed laughing at their antics and posing for photos with the puppets. Their dog Cheba provided both a show and pet therapy.



Rayners Orchard

Thursday the 10th of April residents enjoyed a bus outing to Rayners Orchard in Woori Yallock. Highlights included the vast array of fruit trees growing in orchard and having the opportunity to purchase some of the delicious products made from the fruit. The day was concluded with a hot beverage from the orchard café.



Anzac Day

On Wednesday the 24th of April we Commemorated Anzac Day, with the help of Noel from the Bayswater RSL. We acknowledged the impact that war has on all, regardless of what country one comes from. We remembered the lives lost as well as the people that served. A moving day of remembrance.



MONTHLY ACTIVITIES

Bus outings – Monday's Tabulam, Wednesday's Scenic Drive and Friday's a shopping trip.

Pet Therapy with Pam every Wednesday

Catholic Church Service is held the first Wednesday of the month with **Coffee Group** every other Wednesday.

PARO visits every day and on request

Happy hour is every Friday

Gentle Exercise every Tuesday and Thursday.

Bingo every Monday

For more information or to get involved contact Sam Singh

E: sam.singh@ttha.org.au

M: 0430 494 169

Sam & The Lifestyle team



KITCHEN UPDATE

The weather has turned frosty now and winter is here. Our new menu reflects this with quite a selection of winter style dishes to enjoy. Some of the dishes include a traditional cooked Sauerbraten with home-made potato dumplings, a true German classic. The kitchen is also enjoying cooking lots of slow cooked meats including pork spare ribs, lamb shoulder, pork neck, beef brisket and corned silverside.

All of our dishes are made in-house and we really pride ourselves on great home-made traditional cooking that's packed with flavour. Residents have been loving this new menu and the team and I certainly enjoying preparing, cooking and serving it. We also have all of the favorite desserts including Black Forest cake, rice pudding with mango slices, bread & butter pudding, strawberry cheesecake and Tiramisu.

We are working hard in the kitchen to deliver great food and service and encourage all families to come and try our new menu. You are always welcome!

The Café is another great place to meet with family and loved ones. It has been a great hit with our residents who come and enjoy some home-made German style cakes as well as a delicious coffee. Hopefully we will see you soon.



Konigsberger Klopse with parsnip mash & beans



Sauerbraten with potato, pumpkin & turnips



Black Forest Cake



Pavlova, mango coulis with whipped cream

Tim & The Kitchen team



SOCIAL SUPPORT GROUP

Our Social Support Groups are starting to enjoy the changing colours of winter. Although we were very lucky to have had a few wonderful days of sunshine in autumn and beautiful weather to still enjoy some time in the outdoors before the chill started to creep in.



Some of the places we have visited include: the beach and Patterson Lakes savouring the view from the Cove Hotel; Frankston foreshore – a favourite spot for our groups; Healesville and its quaint little shops; Tooradin with its easy walking boardwalk and the Tides Restaurant; Elwood Bathers Café; Ricketts Point and a sea breeze walk; as always the Dandenong Ranges and its many cafes as well as a few favourite places a little closer to home.



Every so often we have a 'Client's Wish Program Day' where our groups get to choose a special outing that we normally would not have the time to do. In April, a huge highlight for our Monday group was a trip to Phillip Island to have lunch on the majestic cliff top at the Cape Kitchen Restaurant and a little wander.



This was a very special day enjoyed by the group as well as a very long one! Our Tuesday group selected a visit to Werribee Zoo – again a very long day, however a wonderful day out and thoroughly enjoyed by the whole group! We still have two vacancies on a Thursday (ideal for a couple!), so if you are interested in joining in our outings, just call in to see us in the Community Care Office or phone: 8720 1338 during office hours.

Susi Richter & SSG Team



ACCENT HOME CARE

"Accent Home Care" was officially launched at the 'Aged & Home Care + Wellness Expo' on the 20th March 2019. This was a wonderful expo full of exhibitors from all areas of Aged, Home Care and Wellness sectors. Accent Home Care presented on how to apply for Home Care Packages, in two languages, English and Chinese. Wait lists are long for ACAS assessments and to receive a government funded home care package, so we are strongly encouraging people to begin the process as soon as possible.



Accent Home Care and TTHA were proud to be a sponsor of Cultural Diversity Week for 2019. Cultural Diversity Week is Victoria's largest multicultural celebration, featuring an exciting program of festivals and events. It was fantastic to meet with some of the Victorian Multicultural Commission members and other sponsors at Docklands in February and be a part of the various events, including the Victorian Multicultural Festival and the Premiers Gala Dinner.



Accent and TTHA were invited to the International Women's Day Luncheon in Manningham, there was a great variety of female speakers, delivering their inspiring stories. These women were in different life stages, from diverse cultural backgrounds contributing their talents and resources to the community. It was a wonderfully inspiring day.



Accent Home Care's goal is to assist clients to remain independent in their own home for as long as possible. Should you wish to discuss a home care package in more detail, please feel free to contact our office at 8720 1338 or homecare@accenthomecare.org.au to make an appointment for a free consultation.

**Your Accent Home Care Team
Gabi, Monika, Pat, Prue and Kris**



TTHA ILU ACTIVITIES

In February the ILU residents enjoyed the picturesque Blue Lotus Water Gardens at Yarra Junction on a perfect day, not too hot. The layout of the gardens is absolutely stunning with easy walking trails to view the wonderful blooms.



There is a wonderful garden center that encouraged a few of us to purchase some plants to take home too.



Our group seems to enjoy our BBQs, so we had another one on Labour Day in the beautiful courtyard at TTHA. Well attended on yet another perfect day

At the end of March we joined the Bayswater Senior Citizens Club in an outing to the Casino where the show and luncheon were appreciated by all. We have not heard of any big winnings, though.

Early in April we attended Morning Melodies and lunch at the Wantirna Club. The artist, Lino Ettia, was very entertaining and managed to get us involved in his performance which made it fun for everyone.



With Kaffeeklatsch, Ladies Group and Drinks and nibbles there is never a dull moment with the ILUs. If you or a loved one would like to know more about our ILU social group. Please contact one of our committee members.

Lynda Catlow	9761 3850
Lottie Hohnholt	9720 7375
David Perry	0439 455 553
Alwine Steltenkamp	9729 8584

Your ILU Activities Group



Winter Lifestyle Events







TOGETHER WE CAN MAKE A DIFFERENCE



Make a Difference – Donate to our building project

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

Make a Difference – Leave a gift in your Will.

A bequest is a gift made as part of your Will. It can be money, shares, property or other valuable items. In addition to leaving a gift in your Will to family and other loved ones, we invite you to consider a gift to TTHA in your Will. With a legacy donation you will pass on a helping hand to the residents of TTHA who need it most. Your bequest will make an unforgettable difference to our facility, ensuring you enrich the lives of those living at TTHA. We welcome the opportunity to discuss how your financial support can make a difference to TTHA and how you wish to be remembered.