

Care that speaks  
to **you**



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



The changeable summer weather paired with some extreme natural disasters of raging bush-fires and devastating floods have been overwhelming of late. The calm and warming colours of Autumn will be a welcome change, bringing with it calm

autumn breezes.

I cannot believe that 2019 has come to a close and we are already well into 2020. It feels like only yesterday we were celebrating Christmas festivities here at TTHA with residents, staff, volunteers and ILUs. The staff Christmas party was celebrated at The Barn in Bayswater. Some delicious food was shared and some amazing staff milestones were celebrated, including years of service from five years to 20 years, congratulations to those who received their recognition and thank you for your tireless work and commitment to TTHA. This year we also recognised an employee of the year as voted by their manager. I would like to take this opportunity to congratulate them again, from Community Care, Pat

Fitzgerald, from Residential Care, Sandra Perry and from Domestic Services, Judy Wong. Congratulations to all of you and thank you for always striving to be your best and 'Shine' at TTHA.

Our Independent Living Units and residents adored their traditional Christmas festivities, including the ILU Christmas dinner, the residents Christmas lunch, the volunteers Christmas celebration and our annual TTHA 'Weihnachtsmarkt' (German Christmas Market). These celebrations would not be possible if it wasn't for a team of such dedicated staff and volunteers who take so much time in making every year so special for all residents, and we are sure 2020 will be just as spectacular. A wonderful group of



volunteers which we are so grateful to have are the TSA Craft Group. I would like to take this opportunity to thank the ladies for their very generous donation from the Christmas market of \$3000.

This generous donation will go towards creating the 'Temple Historical Wall' which will be on show in our new cafe. Thanks again ladies for your dedication and generosity!

Preparations are now well underway for another fantastic year ahead and what a year it will be. Our Chef Tim has been busy in the kitchen creating another wonderfully seasonal and delicious menu, so please pick up your copy when you are next in the home. We also love to pair cuisine with cultural days and our Lifestyle team have been enjoying celebrating culture with our cultural lunches. These lunches are on a regular basis and everyone is welcome so please also pick up a copy of our lifestyle program and see what exciting activities are on offer for our residents. Our recent Australia day



celebrations were a perfect example of pairing cuisine with culture. Our Aussie BBQ was so much fun for Australia day and we celebrated our volunteer fire fighters by wearing yellow and red and donating a gold coin donation to show our support for the CFA. Thank you to all staff and residents who supported such a worthy cause!

We also couldn't help but share the love on Valentines day! Deliciously dainty treats were shared with a favourite beverage

while residents were serenaded by Lesley and Ray. The dining rooms were showered in beautifully chosen red and romantic decorations for the occasion, with the stunning aroma of fresh flowers filled the air. What a wonderful special day to celebrate, bring joy, smiles and a lot of laughter!



Our shopping trips and pub lunches are returning again this year as they prove to be very popular year after year. The halls are always abuzz with excitement when a shopping trip is planned. Shopping bags are at the ready to bring home a bargain. Similar to our pub lunch outings, locations always vary and the cuisine is always enjoyed with a beer or wine and sometimes some morning melodies are also appreciated. These outings never disappoint.

Whilst we love our food and our outings we





also ensure we highlight the more formal activities in our home. One of these being the residents and representatives and ILU meetings. The most recent of these was held in February and was, as usual, very well attended. These meetings are an opportunity to have guest speakers on current news events, share information, report a building update and hear feedback from all departments. Residents are assisted to attend these meetings and we strongly encourage representatives and families to attend also. If a resident cannot get to a meeting, assistance is provided and meeting minutes are always distributed.



As the busy and warm summer months drew to a close with residents enjoying pet therapy sessions, bocce, our mobile library and gardening, its time to look forward to the coming season and all the joy it brings. Autumn is a busy time and an exciting season for many special events, grand openings, launches and celebrations.

We are excited to announce that our new wing 'Saroná' will be opening very shortly and we have commenced tours through this part of the facility. Tours have been met with a lot of excitement and residents and staff cannot wait for the grand opening, so please stay tuned for more information. Tours of the new wing commenced on Thursday 13th



February at 11am and will be weekly. In order to move around this part of the building safely you need to be wearing safe footwear, long pants and a vest and hard hat will be provided to you. As the lifts have not been commissioned yet, you will need to be able to walk up and down stairs. If you or a loved one would be interested in a tour of this area, please contact reception to reserve your place on 8720 1333.

We are also looking forward, with excitement, to the launch of our new model of care, 'Shine'. Our Birch team, residents, staff and



families have been working towards this new model of care which ensures residents 'have the best possible day they can have' and we are overjoyed to roll this out shortly. Sara, will explain more about this new model of care in her Clinical Update. Please look out for further information on our 'Shine' Launch, we welcome you to some, part or all of our Shine



day and we look forward to *Shining* with you all day long.

Autumn brings some of our favourite holidays, celebrations and events. Some of these events include; Mother's Day, as we always love spoiling all of the special ladies here at TTHA. They are made to feel special with a gift and treats on the day. International Nurse's day and National Volunteer's day are also a time of appreciation for all the wonderful carers and volunteers who give so much. Anzac day is always a moving reflection, remembering those we have lost and those who we wish to remember. St Patrick's Day will also be celebrated in autumn, with some vibrant entertainment, delicious nibbles as well as some flamboyant dress-ups to bring a smile to everybody's faces.



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 ones aged care requirements. If you or a loved one want 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. It



might be gardening, cleaning, personal care, medication management or social and emotional support which you need assistance with and our team is there to assist you and guide you through the process. 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 inquiry or for any of the services TTHA provides please contact us on (03) 8720 1333 or visit our website ([www.ttha.org.au](http://www.ttha.org.au)).

**Enjoy a spectacular autumn!**  
**Eva Simo – CEO**

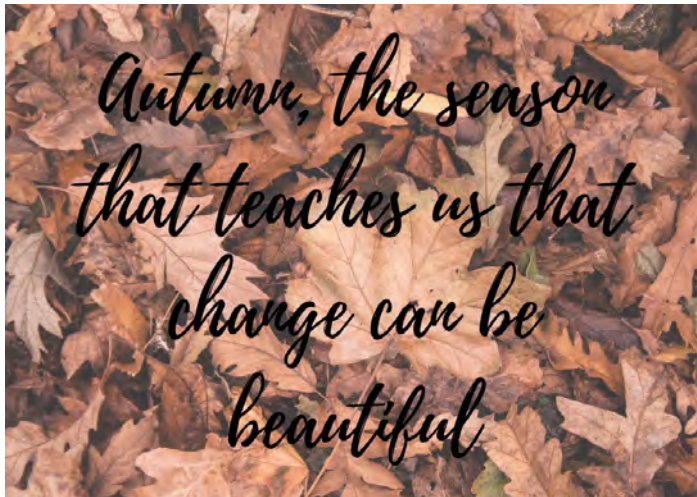




# TTHA AUTUMN NEWSLETTER 2020

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## QUOTE OF THE SEASON



## 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](mailto:careers@ttha.org.au)

## TEMPTING TREATS CAFE



Tempting Treats Café is open 7 days, 11am 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.



## CLINICAL UPDATE

Hello everyone and its great to have this opportunity to communicate for the first time this year. A lot has been going on both here at TTHA and for myself personally. I recently got married which was wonderful and I now have a new surname. I am Now Sara Rupenovic. Thank you to everyone for all of your well wishes, it has been truly



heartwarming. The Birch Leadership team together with the assistance and input of staff, residents and representatives have come up with the new model of care here at TTHA, 'Shine'. The aim of 'Shine' is to enable each resident to have 'the best day they can have'.

This is to be achieved through adapting the five draft behaviours which include:

- Be Happy,
- Be Aware,
- Be Brave,
- Be Innovative,
- Be At Your Best

A Birch leadership team was held at the end of November where our CEO Eva Simo thanked the Birch Team for their efforts and presented the leadership team with a Certificate of Appreciation for all of their hard work.

In march 2020 the 'Shine' model of care will be launched to all with much fan-fare so stay tuned for more information. We look forward to 'Shining' with you all day long at our launch event.

In 2019 the Australian Government announced a trial of an alternative residential aged care funding assessment tool, called the



Australian National Aged Care Classification (AN-ACC) assessment tool. By participating in the AN-ACC trial our facility has helped the Department with testing and refining the AN-ACC model. The Australian National Aged Care Classification Funding reform was trailed at TTHA from 4th through to 31st December 2019.

Again, thank you for the well-wishes and come and say 'hi' on your next visit.



**Sara Rupenovic**  
**Director of Care**





## LIFESTYLE UPDATE

### Edelweiss German Choir



Residents were delighted to have a visit from the students from the Basin Primary school who formed the 'Edelweiss German Choir'. All enjoyed singing along to both the English and the Traditional German songs; and having the opportunity to meet and thank the children, who presented them with flower pots they had painted at the end of their performance.

### Melbourne Aquarium Bus outing



In November, residents boarded the bus for the long and much anticipated journey to the Sea life Melbourne Aquarium. The colours and gentle movements of the beautiful and somewhat strange sea life were magic to their eyes. The outing concluded with a walk through the gift shop and a picnic lunch by the harbour.

### St Nicholas Day



St Nicholas day was celebrated at TTHA by finishing the Christmas decorations in each area, enjoying some warming Gluhwein and singing along to carols. In the afternoon, a special happy hour was held with guests from the 'German Evergreen Choir', singing some joyous carols to bring in the Christmas spirit.

### Montrose Christmas Tree Farm



In December, residents enjoyed a trip to the Montrose Christmas tree farm courtesy of Carlo and his family, the generous donors of the Christmas tree displayed in our foyer over Christmas. Residents were treated to a tractor ride and given the opportunity to sample berries from the farm's crop, delicious!



## Pet Therapy with Malibu the Pony



One of the highlights in the TTHA community is our regular pet therapy sessions, when residents were told they had four legged friend visiting they assumed it was a dog, however, when a miniature pony donning tinsel and a Christmas hat entered, they were simply delighted!

Malibu the therapeutic pony has had three years of training to work exclusively in Aged care, he is the only one of his kind in Australia. Malibu and his owner Lou will continue to visit TTHA once a month for many more cuddles.

## Austrian Club Lunch Outing



Residents traveled to Heidelberg to delight in lunch at The Austrian Club in December.

A delicious meal of schnitzel and chips was devoured, whilst conversation focused on reminiscing about the time spent visiting the club in their youth.

## Resident's Christmas Party



Amongst the many Christmas celebrations, the day that stood out was the 20th of December, the Resident's Christmas Party. Resident's and their families enjoyed a delicious feast prepared by our chef Tim which included roast turkey, prawn cocktail, Atlantic salmon, potato salad, black forest cake and Gluhwein.

The party continued well into the afternoon's happy hour in which special guests 'The Tumbleweeds' performed and more Christmas treats were served.

## Christmas Short Bread Baking in Tabulam





To Further incite to Christmas spirit residents in Tabulam came together to bake some delicious shortbread. After rolling out the dough and cutting it into their chosen shapes. The cookies were placed into the oven until golden brown and irresistible. Resident's then enjoyed the fruits of their labour with a cuppa for morning tea.

## ILU Christmas Party



The ILU Christmas Party was held on December 18th. A Christmas feast was shared under the ambiance of fairy lights, whilst crowd favourites 'The Tumbleweeds' provided entertainment. The night concluded with a poetry recital and best wishes for all during the festive season.

## Volunteer Christmas Party



To say a big thank you to our volunteers, TTHA organised a Christmas lunch for all the volunteers at the Ferntree Gully Hotel. Everyone loved the Christmas buffet, the company and conversation.

## Sand Sculpting Australia's Animalia Exhibition



For the first outing of 2020 we headed to Fingal to see Sand Sculpting Australia's Animalia Exhibition, based on the works of Author/Illustrator Graham Base. Residents delighted in seeing giant gorillas, enormous elephants and other jungle creatures come to life in the sand, an amazing sight!

## Australia day Celebration and CFA Fundraiser



On Friday the 24th of January an Australia day BBQ lunch fundraiser was held in honour of our hardworking CFA service men and women.

This event brought both residents and staff together in a show of gratitude for our emergency services.

After the delicious lunch, residents were serenaded with live music from entertainer Roni and a visit from a petting zoo, with the opportunity to feed, pat and cuddle the animals. It was a wonderful day filled with Aussie songs, food and animals which encouraged conversation and provoked a sense of pride that we live in this great country.

## Crown Casino Outing



Residents from both TTHA and the ILU units enjoyed a visit to Crown casino. Everyone adored a delicious meal, harbour side views and tried their luck in the pokies with some coming home with a win. After departing from the Casino, residents traveled to St Kilda beach to soak up some sunshine before the trip home.

## MONTHLY ACTIVITIES

### Bus Outings

Monday's - Tabulam  
Wednesday's Scenic Drive  
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

**Happy hour** is every Friday

**Gentle Exercise** every Tuesday and Thursday

**Bingo** every Monday

**Mobile Library** and **Mobile Shop** alternate each Monday

For more information or to get involved contact Sam Singh

**E:** [sam.singh@ttha.org.au](mailto:sam.singh@ttha.org.au)

**M:** 0430 494 169

## Sam & The Lifestyle Team





EMPLOYEE OF THE MONTH



Sally Dickson - November



Trudy Rice - December



Raj Kaur - January

SHINE DAY LAUNCH

Shine Launch  
Day Coming  
Soon!!

Shine



## KITCHEN UPDATE

Hi Everyone,

As we look forward into March and beyond, we, the kitchen team are looking forward to opening the new dining rooms in 'Sarona'. There is also excitement around serving new buffet breakfast options for everyone to enjoy in the new main dining rooms. We plan on offering more hot options including, bacon, eggs, grilled tomatoes, pastries and a European style breakfast as well. It would be great to see more residents coming out of their rooms in the morning to share in the hot breakfast in the new dining rooms.

News from the kitchen, we plan on starting a new menu at the same time as the opening of the new building. It will have all of your classics like Grilled Leberkase, veal schnitzel, slow cooked pork belly, Bratwurst sausages, home-made spätzle, Home-made cabbage rolls with lots of vegetarian options. After finishing off the main meal you will be offered the daily desserts including black forest cake, cheesecakes, crumbles, Tiramisu and many more.

The kitchen staff are always working hard to make your dining experience the best one possible. We also welcome your feedback, so please keep it coming!

If anyone ever needs to discuss any catering requests please don't hesitate to come and see me in the kitchen. I look forward to serving you in our new wing.

**Tim & The Kitchen team**



**Veal Tortellini**



**Pork Stir-fry**



**Black Forest Cake**



**Creme Brulee and Whipped Cream**





## SOCIAL SUPPORT GROUP

Our SSG groups farewelled 2019 with festive Christmas morning teas in our sun room followed by a special end of year celebratory lunch at the Tokar Estate and Rose Cottage. The groups enjoyed visiting venues that were beautifully decorated for Christmas and took many opportunities to do some Christmas shopping in the lovely gift shops on offer. We had a small number of clients who then continued to enjoy outings over the Christmas / New Year period, before our full groups resumed in early January.



Everyone is now back in full swing relishing in the good weather, fresh air and sunshine! We've had several trips to the beach, always a favourite spot for our groups, as well as outings to Warrandyte, Emerald, Garden World, Sassafras and the Dandenong ranges, Wandin, to enjoy the berry season and many other nurseries and cafes. We had two special outings visiting the Melbourne Museum and Rippon Lea historic mansion and gardens, simply stunning.



At the moment we have several vacancies in our SSG groups that we would love to fill. If you or a friend would be interested in trying out our groups, please contact us at the Accent Home Care Office or phone: 8720 1338 during office hours for more information. Remember we offer the first group outing free so you can try it out for yourself with no obligation.

Have a lovely autumn!



**Susi Richter & SSG Team**



## ACCENT HOME CARE

Hello and happy new year, as this is the first contact with you all. It has been a busy time for Accent Home Care signing up lots of new clients and celebrating our wonderful staff with our end of year awards ceremony.

I'm extremely proud to announce that Pat Fitzgerald was named the Community Care 'Employee of the Year'. Pat Fitzgerald has been awarded 2019 Employee of the year (Community Care) for her outstanding work delivering service coordination to our Home Care consumers. She has demonstrated excellent customer service, positive attitude and passion for helping people. Congratulations to her!!!



Recently there was an outbreak of the respiratory illness caused by a novel (new) 'Coronavirus' first identified in Wuhan, Hubei Province, China. The Department of Health is monitoring the situation. We have already sent the information sheet to all of you for reference.

According to WHO website, here's the tips to protect yourself:

- Wash your hands frequently with an alcohol-based hand rub or soap and water

- Maintain social distancing – maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever
- Avoid touching eyes, nose and mouth
- If you have fever, cough and difficulty breathing, seek medical care early
- Call 000 if you need urgent medical help



In case you have traveled to Hubei Province, China within the past 14 days, you must isolate yourself in your home for 14 days after leaving Hubei Province. If you have traveled to Hubei Province or other parts of mainland China, please call our office at 8720 1338, so that we can discuss options for your home care services.

For more information, please visit the Australian Government Department of Health homepage at [www.health.gov.au](http://www.health.gov.au), or call the Public Health Information Line on Ph: 1800 004 599. Or talk to your doctor if you have concerns.

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





## TTHA ILU ACTIVITIES

For our October outing the committee chose to take the ILUs to the Multicultural Italian Indulgence Day at the Italian Club in Rowville. Oh boy, did we ever indulge, not just in the delicious food, but also in the excellent entertainment and dancing. Some of us were quite active on the dance floor and we had a wonderful time.



November was the perfect month to visit the Cranbourne Botanic Gardens. The native flowers and shrubs were a sight to behold.



The variety of colours and the stunning array of the flowers was just breathtaking. Some of us walked around, while others hopped on the explorer bus. As usual Kaffeeklatsch was enjoyed by those who attended.



The latest social get-together happened in January in the shape of a good old sausage sizzle during the Australia Day weekend. It was very successful with 31 ILUs attending. It is always nice to have a good natter with your fellow village people.



**Your ILU Activities Group**



# Autumn 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 would like to donate with a: cheque  cash  credit card

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

### Credit Card Details:

Mastercard  Visa  AMEX

Card Number:  Expiry date:

Name on card: \_\_\_\_\_ CVC:  Signature: \_\_\_\_\_

**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 \_\_\_\_\_

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Fax: 03 9729 9356 Email: [ttha@ttha.org.au](mailto: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.

TEMPLE SOCIETY AUSTRALIA

# SOMMER FEST & Market Day

AT 51 ELIZABETH ST. BAYSWATER.

FUN FOR ALL AGES!



SUNDAY  
22 MARCH

OPEN  
11AM TO 3PM

HANDICRAFTS  
MARKET

FROM 12.30PM  
POP-UP BAR

KIDS'  
ACTIVITIES

LIVE  
MUSIC

Bring your picnic gear and enjoy traditional German fare under the trees. Pretzels, German hotdogs, salad, drinks and more for sale.

Entry Gold Coin Donation. Parking available.

MORE INFO:

[WWW.TEMPLESOCIETY.ORG.AU](http://WWW.TEMPLESOCIETY.ORG.AU)