

Care that speaks
to **you**



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



The beautiful warm Autumn breezes have slowly drifted away and we can feel the chill of Winter slowly descending on the ground. Warm cups of tea and slippers are a favourite at TTHA when the cold weather

blows in. We were lucky with the warm weather of Autumn this year which kept us outdoors for longer enjoying the magical sunshine. However we now find ourselves, turning the heater on, putting a log on the fire and enjoying our winter comfort foods.

Recently we have welcomed some new staff who I would like to take the opportunity to introduce you to. Tim Threadgold is our new Chef in the kitchen and if we go by the feedback received, Tim gets a ten out of ten. Anna McCandless has stepped in as our new Marketing and Fundraising Coordinator. Sara Jahanara has moved into our Director of Care position and she is excited for the new role. Helen Povall, is moving into a quality

role two days a week and is looking forward to project managing with Dementia Australia. Vishna Vekaria who has been in a nursing role here at TTHA has moved into our Clinical Care Coordinators role and will look after Tabulam and Otto Loebert Upper, while Amanda continues to oversee Warrina Lower and Upper, Altersheim and Otto Lower. We also welcome Cecil Mayor Brooker who is our new receptionist.

Our independent living unit and aged care residents have been enjoying some great events and entertainment this year already. German week was fabulous here for all residents, everyone enjoying German fare and entertainment. It was such an enjoyable time with great feedback. 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 so special for everyone, thank you all.

Tim, our Chef has prepared a lovely seasonal menu for all residents. This menu ensures another scrumptious season in our kitchen, with some delicious food to sample! Recently Tim has begun sourcing our meats from Walmas Meat and Smallgoods in Bayswater, we

welcome them back to the TTHA team and feedback from residents has been very positive. Each month we celebrate a nominated international holiday or celebratory event to highlight our multicultural community and this is paired with our delicious and varied cuisines we are so fortunate to share.

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 from Dementia Australia on 'An introduction to Dementia for Families' was very popular. The presenter Chris Fraser, walked families through information and facts, how to engage with family members on visits, strategies for support and this gave family members the opportunity to share their experiences and gain useful strategies.



Today, the 1st June 2018, we have the TSA hosting a workshop on Respecting Elders. This will be hosted at the TSA

Community Hall, 51 Elizabeth Street Bayswater. I encourage you to attend 1.30pm to 3.30pm and would welcome your feedback.

St Patrick's Day this year was a wondrous mass of green throughout the halls of TTHA. While green wigs and sparkly hats were donned by residents and staff, our

residents were delighted with the bag piper's demonstration, who thoroughly entertained our residents with some uplifting traditional Irish music.



The Easter celebrations were wonderful this year, our Easter Market was very popular again and we thank all those who attended and supported us. Big thank you to the ladies of the TSA who work tirelessly to create the beautiful handmade craft sold at the market, very popular with our market goers. Our Easter raffle and chocolate stall delighted all with the delectable treats on offer which were utterly irresistible! Congratulations to the lucky residents who were fortunate enough to win one of the delicious Easter baskets. The lucky winners were, 1st Prize - Wolfgang Muller, 2nd Prize - Elisabeth Schnabl, 3rd Prize - Erika Rudolph, 4th Prize - Horst Kliche.



Staff and residents also shared some yummy hot cross buns in our café which we were very fortunate to have donated to us by the generous people of Bakers Delight Boronia Junction. The four delicious flavours were enjoyed by everyone with a beautiful cup of tea or coffee shared in our café. Thank you to our volunteers ensuring this day was a wonderful experience.

TTHA was a buzz with an abundance of welcomed visitors for our open day this year. We welcomed a large number of groups through who enjoyed touring with staff while sharing delicious coffee, cakes and pretzels prepared by our kitchen. Thank you to all staff and residents who assisted in these tours and opened up their home to welcome new guests.



This year we were led in a moving day of remembrance for Anzac Day. We thank Noel from the Bayswater RSL who led us in our service. It was a wonderful opportunity for everyone to remember those we have lost and to share their stories. Thank you to all of our residents and staff who spoke at our ceremony, a truly moving experience. Lest we forget.



Thank you to our local member Alan Tudge MP for providing the 'Stronger Communities' grant to TTHA which contributed towards our new bus! Alan Tudge, recently visited during happy hour to see our newly wrapped bus. If you have been to one of our happy hours you would have experienced the festival feel with lots of entertainment, singing and dancing. Alan Tudge was more than happy to get in on the action, singing happy birthday to our special monthly birthdays and enjoying the festivities with everyone.

We would also like to take this opportunity to thank the lovely ladies from the Templer Craft Group, who donated funds to us from the Christmas market, allowing us to purchase our new coffee machine in the cafe. This is already very popular among residents, visitors and staff, we thank you for the generous donation.

Our movie screenings are continuing to be popular this year. Our movie screenings allow our residents to relax in the comfort of our indoor 'cinema', savour a glass of wine or ice-cream with friends and spoil themselves with 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 families to be involved and come along and enjoy a lovely night's entertainment.

When weather permits, our Social Support groups enjoy getting out and about to enjoy the sunshine. They have been enjoying getting out in the local community and the environment to enjoy scenic drives and delectable lunches.

Whether it's a yummy cafe lunch, a scenic bus trip and delicious iced-coffee pit stop, a visit to the Yarra Valley Dairy for 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, please let our Community Care team know and we'll give you all the information you need.



Another welcomed addition here at TTHA is PARO the robotic seal. PARO has been sent to us by Dementia Australia on a four week trial. PARO simulates animal therapy and has many benefits mainly focused towards residents with dementia. PARO provides sensory, cognitive and social

stimulation and generates conversation between residents, their carers' and families. Residents are enjoying time with PARO and feedback has been really positive.



We need your help to purchase PARO for a cost of \$8,000. Please support us by making a tax deductible donation.

We wanted to let you know too that our Home Care packages have become even more personalised now, providing you with even greater choices. 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. We have a strong, long-term commitment to your care we'll give you all the information and support you need.

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

Stay warm this winter!

Eva Simo - CEO



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DIRECTOR OF CARE UPDATE



We are delighted to announce the appointment of Vishna to our Clinical team as the new Clinical Care Coordinator. Vishna will be overlooking Tabulam and Otto Loebert Upper. We are also very grateful

to continue to have the support of Helen Povall in our Quality role. Helen will be assisting us to advance the changes coming to Aged Care Quality Standards.

We will be rewarding staff with an employee of the month program. We will use feedback provided by the residents, families and staff to award our team for the excellent work they do, with a \$50 voucher.

The Nutrition and hydration committee has commenced, consisting of the Clinical Coordinators, our dietitian Anne, Chef Manager Tim and our Enrolled Nurse Raj Kaur. Together they will work improving our dining experience, by improving quality and presentation, ensuring additional nutritional values are met.

Country Wellness Group (CWG) Pharmacy commenced in May, providing excellent service for residents. Medication packs have changed to sachets making it easier to take the medications on social outings. The convenience of out-of-hours deliveries of urgent medication and access to a pharmacist for advice anytime has been wonderful. We look forward to a successful relationship with CWG.

I'm very excited about the new 'Birch pathway' project that we will be starting in July. Working together with Dementia Australia we will develop and implement a unique model of care for TTHA, based on what is important to all. In preparation for the Birch Pathway we have been holding further education for all staff, detailing the nature of dementia and how to best assist our residents living with dementia.

Thank you all for your support in my new role. I welcome feedback on the great work staff are doing or how we can further improve our care.

Sara Jahanara- Director of Care



QUOTE OF THE SEASON



Quality Update Helen Povall

The quality department is again buzzing with activity. I wonder if anyone out there knows what this department actually does. It is such a varied position it keeps me going every day I work.

Items within my position are as follows:

1. Ensuring that every form, every document, and every policy and procedure is meeting current regulations and the law – on that point, the standards for aged care are changing from 1 July 2018 and all our policies and even the structure of our documentation will need to be changed, in order to meet the new standards. Archiving goes hand in hand with this function.
2. We track all sorts of activities, mostly around clinical outcomes and Occupational Health and Safety, benchmarking results where possible. All audits are based on standards, regulations and the law –

these are our benchmarks in the absence of other data that we can rate ourselves against. Plotted results are then shared with others, including resident and representatives, monthly. A copy of the latest monthly data can always be accessed in the purple Resource Folders that are located in the Café area, and on the wall in reception area.

3. In-depth analysis of falls related data and individual data analysis of the frequent fallers (two falls or more in the same month), so as to try and prevent another fall from occurring. We look at things like the times of the falls, to see if there are any commonalities. The times an individual might need to be toileted, the layout of their room, obstacles that might be causing falls, lighting, wearing of glasses and hip protectors, strong, sturdy shoes when a person is out of bed and up for the day – ‘slippers’ slip! Did the person have socks on that might have contributed to the fall, medication that they might be taking that may also contribute to falls, or was it an unmet need, meaning that crawling out of bed might now be a habit. All these things are taken into account in an effort to maintain someone’s safety. Despite our best efforts however, falls do still occur at times.
4. Registering all compliments, comments and concerns on a very large spreadsheet, and tracking progress to closure, reporting on

this data to the Board on a monthly basis.

5. Registering all ideas, opportunities to improve, gaps that might have been found, special projects that are planned, results of all audits across the home, within the Continuous Improvement Plan (CIP).
6. Training of staff on many and varied topics, depending on the need at the time. We develop education calendars that suit the organisation and the types of residents we are caring for, for example our training recently around dementia – dementia is very prevalent within the community and within residential aged care. It is important that staff have the skills and can apply a problem solving approach to meet the needs of residents who have a cognitive deficit.
7. Project management – special projects that may need extra human resources, and project management. This can be as varied as ICare implementation (our current documentation package), to further projects around dementia like the upcoming Birch project, due to commence in July 2018.
8. Interacting with individuals – residents, representatives, staff and Government – on an ongoing basis, to meet their needs where possible. We work in a dynamic field, where things are ever changing. Over my lifetime, I have witnessed and used 3 different funding models within residential care alone, and now

there is talk of a modified instrument that is ready to trial. Government is always looking for savings, and yet the scope of functions that must be met by the Approved Provider (i.e. TTHA), as set out by law, is ever expanding with new interpretations being brought to bear, and tested, in our courts on a regular basis.

9. Engaging staff to ensure that quality is everyone's business, and not just mine.

I hope this gives you all some insight as to what goes on in the background. Quality Department works closely with every other department, as it must. No-one climbs Mount Everest on their own – it is a team thing, Quality is the same. Without a team, there is no success!

I share an office with the Director of Care and am onsite 2 days a week. Drop in and see me sometime.

Helen Povall
Quality Improvement Manager



LIFESTYLE

International Woman's Day

On the 8th of March Lifestyle organised a Hi – Tea for International Women's Day. All of the ladies of TTHA, staff and family members were made to feel special with a beautiful pampering session. Tea was served with some delectable freshly baked scones direct from our kitchen. Once the tea service was cleared, our two teams, Team Berlin and Team Frankfurt enjoyed a quiz focusing on famous women, the competitive spirit was definitely alive in the room! Team Berlin won by 1 point and the residents had a wonderful time.

downstairs, lifestyle staff took the chicks around the facility. We now have the chickens in a coop at the rear of Tabulam and residents and family members are most welcome to visit them.



TTHA Open Day

The 15th of March saw the TTHA Open Day. The café was open to all visitors, residents and staff for a free coffee and beautiful pastry from our kitchen. Pastor Christoph was invited to a sing-a-long and a special morning tea. All the residents participated and sang along with family members, who joined in the melodious German sing-a-long.



Living Eggs – Chicken Hatching Program

As an Easter special, Living Eggs- Chicken hatching program was organised in the Foyer from 13th to 23rd March for the residents. We had 10 eggs in an incubator which hatched a day or two after receiving them to all the resident's excitement. For the residents who couldn't come





German Café – Tree of Delights

German Café – Tree of delights in Belgrave on the 16th of March was an outing residents had been looking forward to. Residents loved having a bite of their favourite Pretzels, German bread and a cuppa. We also bumped into a few of our ILU residents at the café who joined in the conversations around the tables. The residents were also happy to see Sonia who is the owner of the café and also previously worked at TTHA.



St Patrick's Day

St Patricks Day was celebrated on the 16th of March, with the dining room showered

in the colour green in honour of St Patrick's Day. The staff and residents wore Green clothing with a silly wig or a glittery hat. We had a wonderful pipe band for entertainment paired with spinach wraps from our kitchen and Guinness beer was served for refreshments.

Harmony Day

Harmony Day was celebrated on the 21st March in the main dining area with live music from Alex. Residents and staff wore traditional dress and a variety of food was served to celebrate diversity and multiculturalism.



Frankston Beach

The residents loved our visit to Frankston beach on the 23rd of March. It was a lovely warm day with a shared picnic lunch followed by tea/coffee. Later we took a stroll on the beach to soak up the sunshine and fresh sea breeze. To everyone's surprise one of the resident's family members was also at the beach and was overjoyed to see her Dad on an outing with us.

Easter Market

Our Easter Market was held in the Foyer at TTHA with items on sale from the TSA craft group and Diana. There were many items for sale from soft toys, Easter eggs, hand knitted items, beautiful necklaces earrings to name a few. TTHA had the Easter hamper and Easter chocolate trolley items for sale as well. We were also fortunate to have the Easter bunny visit us who made rounds of the facility visiting residents and distributing chocolates.



Gardening Club

Lifestyle introduced Garden club in April this year and it has been met with great enthusiasm. Residents who love being in the garden and love to continue gardening have been enjoying this immensely. It is an enjoyable form of exercise, a great stress reliever, and increases levels of physical activity, mobility and flexibility.



Hot Cross Buns Afternoon Tea

We all love Hot cross buns and a special Easter afternoon tea with Hot cross buns was organised on the 27 March in the café. The buns were donated by Bakers delight Boronia Junction and all the residents, staff and family members were spoilt with these delectable delights too hard to refuse.



Rhododendron Gardens

On the 13th of April our residents were delighted to go to the Rhododendron Gardens. Our time was spent walking around the reserve and admiring all of the beautiful flowers blooming around the paths. Residents really enjoyed this outing, being in the sunshine and witnessing nature at its best.



Frankston Ladies Choir

We were very fortunate to have a visit from Frankston Ladies Choir on the 19th April. They entertained the residents with their magical singing voices, residents sang along and were overjoyed by their performance. On request from our residents we have invited the choir to return for Christmas in July celebrations.



Anzac Day Service

This year we had our first Anzac Day Service. It was a truly moving service conducted by Noel from Bayswater RSL. Residents were invited to place a poppy on our wreath and joined singing the National Anthem. Residents shared their experiences and we had some beautiful readings. At the conclusion of the service tea and Anzac Biscuits were served to all.



Time Steppers Musical Group

The Time Steppers musical group visited TTHA on 20th April during our happy hour and gave a splendid performance. They performed various songs with wonderful group harmonies as well as solo performances. Residents participated and it was a relaxing way to close the week.



Caribbean Event

On the 24th April we had a special Caribbean themed event by Darren Sandford from Consulting and Coaching Management. There was a wonderful presentation of dancers who sang and danced to traditional Caribbean music. The dancers from Jamaica showed residents some of the dance moves

encouraging everyone to join in. Tim our chef also cooked up some delicious chicken wings and corn as a special Caribbean snack for the residents.



PARO the Seal

PARO the robotic seal has been here on a four week trial from Dementia Australia. PARO is interacting with residents simulating animal therapy, PARO responds like a live animal, moving its head and legs, making sounds, and showing preferred behaviour. The benefits of PARO are it stimulates interaction between residents and caregivers, relieves stress and opens up communication between residents, caregivers and families.



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.

For more information or to get involved in the lifestyle program contact Sam Singh
E: sam.singh@ttha.org.au
M: 0430 494 169

Sam & the Lifestyle team

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

DELICIOUS WINTER MENU

With winter just upon us, our kitchen has been busily preparing some deliciously hearty meals. We're keeping the favourites, while adding new seasonal dishes and fresh flavours to our delectable menu. Here is a taste of a few meals we are highlighting this season:



Lamb Tagine



Strawberry Gateau



Kohlroulade



Bienenstich

COMPETITION 'NAME OUR CAFÉ'

We are holding a competition to find a name for our café. Please send your nominations to ttha@ttha.org.au. The winner will be announced in the next newsletter and will receive a \$50 voucher and meal voucher. We look forward to seeing your creative nominations! Please visit our café, open Tuesdays, Thursdays & Sundays from 2pm to 4pm. We are working to get our café open 7 days a week and we will keep you updated.



SOCIAL SUPPORT GROUP

The warmer days have been getting fewer and farther apart as our little groups have been trying to catch the last of the sunny days to spend outdoors.



Some of the places we have been visiting include: Yarra Valley Dairy, Sassafra, Morning Melodies at the Mulgrave Country Club, Hahndorf Chocolate Café, the Munich Brauhaus, Frankston and the beach, and many more lovely outings!



Our groups have been slowly increasing in numbers with three new clients joining our daily outings.



There are still a couple of places free, so if anyone is interested in taking part in our Social Support Groups, please contact the Community Care office on 8720 1338. We are always looking forward to welcoming new members to the group so contact us today!

Susi Richter & SSG Team



TTHA AT HOME

“Winter is the time for comfort, good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home”. (Edith Sitwel).

We are now well into the winter season having had a most wonderful autumn with mild temperatures and a beautiful array of autumn leaves. This part of the year is when we should enjoy the comfort and the warmth of our homes, some good food and companionship, with lots of fun and laughter. However, let's not forget the less fortunate in our community.

Winter is the time of the year where we are most vulnerable to the flu virus. Now is the time to protect ourselves by seeking advice or a vaccination from the GP or your local Chemist and also absorbing some valuable Vitamin C to build up our immunities. This applies to anybody in the community, however we are aware that people with respiratory conditions or people above 65 are more vulnerable than others. Infection control is another important part to prevent the spreading of the virus so please remember that if you are not well to avoid contact with others where possible. Please also remember that for those with chronic respiratory conditions and age 65 and over the flu vaccine is free of charge.

Over the past few months our home care team has been busy promoting and advertising our services to the wider community. We were fortunate enough to present at the Boondara Aged Care Expo back in March as well as the Tivoli Club

arranged by the AGWS in April this year. It always amazes me that the wider community regardless of age is unaware of the services available to them, often only accessing assistance in a crisis situation. These expos and presentations are very helpful to anybody that is either planning for themselves or their loved one to establish the aged care journey.

TTHA will be present at the following events below, if you are attending any of these please support us and say hello to our team:-

- 14-15th June – **Cultural Diversity in Ageing Conference 2018** to be held at the Arts Centre in Melbourne
- 10th July – **Your Life your Choice Expo** – U3A Senior Hall, Silver Grove, Nunawading from 1 to 4 pm

Just as a reminder that the TSA (Temple Society Australia) is offering a Respecting Elders Workshop, free of charge. This will be held at the Templer Hall, 51 Elizabeth Street, Bayswater from 1:30pm to 3:30pm on Friday the 1st of June. If you are interested please register your interest with Martina on 0433 335 815.

On the 8th of May I was eagerly watching the budget announcement on TV, my focus being on aged care funding. If you have been following this, you would be aware the government has committed to releasing a further 14,000 home care packages Australia wide. We look forward to finding out further details on the different level of packages and areas that these will be released in. If you are currently in the National Queue awaiting

your letter of assignment, I hope that it will not take too long to obtain your home care package.

I also urge you to ensure that if you have been offered a home care package which may be lower than what you are eligible for, do not decline. It is important to accept your package, whichever level, as once you have accepted you will automatically be upgraded, once a higher level package becomes available.

If you are not sure or need help manoeuvring through the aged care system please do not hesitate to contact us during office hours on the below number:

8720 1338 or visit us in our Community Care office

We continue to reward anybody that refers to TTHA under the “Refer a Friend” promotion. If you have any family members, friends or neighbours that you know would benefit from government funded home care, we will reward you with one of the below vouchers.

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.**



Terms and Conditions Apply

Stay warm and healthy until the next newsletter.

Your TTHA at Home Team
Anja, Monika, Pat, Prue and Ricci

EMPLOYEE OF THE MONTH



We are now running ‘employee of the month’ to reward our hard working staff. We would like to encourage you to use our feedback forms to highlight

your nomination and thank staff for the amazing work they are doing. Staff will be rewarded with a \$50 voucher and will be celebrated in our newsletter for their amazing contribution to our culture here at TTHA.

COMPUTER TRAINING PROGRAM

Be Connected

Every Australian online.

Weekly 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.



Our residents are loving our 'Be Connected' computer classes and they are always very well attended.



TTHA ILU ACTIVITIES

At the beginning of 2018, an Independent Living Unit (ILU) committee was formed to build relationships within our ILU community and to create an enjoyable village atmosphere. Four residents of the ILU's form the committee as well as Jenny Peacock, our Client Liaison Officer. The committee meets once a month to discuss village activities and ensure an entertaining program for all involved.



A recent visit to the Arthurs Seat 'Eagle' chairlift proved very popular amongst all ILU residents. The magical views from the air were met with many gasps of appreciation and I'm sure coming activities will be as exciting.

Activities are planned once a month at the moment, as well as regular 'drinks and nibbles' and morning melodies which is very popular. If you or your loved one would like to be involved please speak to Jenny Peacock or phone (03) 8720 1333.



MEET OUR NEW FACES

We are excited to introduce some fresh faces to TTHA. We welcome them into their new roles and wish them all of the very best.

My name is Tim Threadgold and I'm the new Chef here at TTHA.



I have been a Chef for the past 23 years, and it's something I enjoy greatly. I started my career when I was 16 working in restaurants on the Great Ocean Road. After travelling

and cooking through Europe, I have been based in Melbourne now for the past 15 years working at various locations as a Chef. I am looking forward to the challenges ahead at TTHA and am planning some new and exciting cuisines for the menu. I am also looking forward to making some homemade goodies for our café. I look forward to meeting you all soon and please feel free to come and introduce yourself.

My name is Anna McCandless and I'm the new Marketing and Fundraising Coordinator here at TTHA.



I have been working in a Marketing and Events Coordinators role for the last 11 years with Siemens Healthcare in Bayswater. I have a real

passion for Marketing, events and writing and have experience in all areas of

marketing and events. I'm loving working at TTHA and getting to know all of the residents. If you haven't stopped by to say hello yet, I invite you to visit and introduce yourself.



My name is Vishna Vekaria and I am the new Clinical Care Coordinator at TTHA looking after Tabulam and Otto Lobert upper. I was born in Kenya but now I'm an

Australian citizen, living in Melbourne for over 9 years. I have worked as a registered nurse in hospitals, rehabilitation centers however mainly in aged care and residential facilities. I have a wonderful team to work with and I look forward to working closely with everyone to provide the best of care for our residents at TTHA.



My name is Cecile Mayor Brooker and I'm the new receptionist at TTHA. I'm originally from Switzerland where I was a legal counsel.

Having married an Australian, I now live in

the Dandenong ranges with my husband and two children. I'm multi lingual and speak fluent German, Swiss German, French, Brazilian and Portuguese. I'm looking forward to getting to know everyone at TTHA and I hope to contribute value to here.





CONFERENCES



Respecting Elders

Date: Friday 1st June

Location: Temple Society Community Hall, 51 Elizabeth Street, Bayswater

Time: 1:30pm to 3:30pm



Setting Standards

Cultural Diversity in Ageing Conference 2018

15 June | Arts Centre Melbourne



NUNAWADING
UNIVERSITY OF THE THIRD AGE

'YOUR LIFE YOUR CHOICE EXPO'

July 10th - U3A Senior Hall, Silver Grove, Nunawading. 1:00pm to 4:00pm



EMR Alliance Convention

Wednesday 25th July 2018

9:00am to 3:00pm - Nunawading





Christmas in July

| FRIDAY JULY 20, 2018 | DURING HAPPY HOUR |
| FEATURING FRANKSTON LADIES CHOIR |



INDIAN CULTURAL DAY & CONCERT

with happy hour

FRIDAY 10TH AUGUST



Tuesday, Thursday, Sunday, 2:00 pm to 4:00pm



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

Care that speaks
to *you*

Residential
Aged Care

Retirement
Living

Home
Care