

Care that speaks
to **you**

ttha *accent*
HOME CARE

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



Spring has sprung after a very long and bitterly cold winter. We look forward to enjoying the spring sunshine and seeing our gardens return to life. We can now get outside and enjoy the sun and warm spring air.

With recent outbreaks and illnesses within our community, I want to take this opportunity to thank our excellent staff. Our staff continue to give our residents the highest quality of care in challenging times, and we thank you. We were pleased to thank our aged care staff during our Aged Care Employee Day event. Everyone who works in aged care should be celebrated and thanked, especially during such challenging times, so thank you to everyone.



It takes a special kind of person to work in aged care. Aged Care Employee Day is an annual celebration supporting and honouring Australia's residential, home and community aged care workers. The passion, joy and dedication our carers, nurses, food services, cleaning, allied health and admin team show to all makes a difference every day and makes them true superheroes.

The nationally recognised Aged Care Employee Day falls on the 7th of August. Here at TTHA, we chose to celebrate on Friday the 5th. This was when all of our exceptional staff could gather in our beautiful onsite café, Changing Seasons, to enjoy a slice of cake and share in the acknowledgement of achievements as individuals and as a team to make TTHA a great place to live and work.



We are excited to announce our eagerly anticipated annual TTHA 'Weihnachtsmarkt' Christmas market will go ahead this year on Sunday 27th November. The Christmas market

TTHA SPRING NEWSLETTER 2022

will go ahead this year in a COVID19-safe manner. We want to thank Jackson Taylor and the Andrew's government for awarding us \$24,000 for our market, enabling us to proceed. The market will be at a smaller scale than previous markets to ensure we adhere to our COVID-safe plan and protect our community.

Our annual market is the largest fundraiser for TTHA for the year. The funds raised from the market allow us to purchase things like our bus for outings, outdoor wheelchairs and interactive robots which simulate pet therapy. The speciality market stalls include a range of arts and crafts, handcrafted Christmas decorations; Exquisite candles; Handmade German-style wooden ornaments; Handmade soaps and lotions; Jams, chutneys and syrups, to mention a few.



Many of the showcased items are not available elsewhere! Adding to the bustling atmosphere will be an array of sweet and savoury German delights, including genuine German chocolates, freshly baked pretzels and bread; professionally made coffee, food trucks, entertainment and much more. For the kids, there will be a petting zoo and a visit from Santa.

There is also a fundraising raffle with some fantastic prizes, so please pick up some

raffle tickets in reception or on market day. Our fundraising raffle would not be possible without the generosity of staff, families and the local community. TTHA would like to invite you or your business to participate in our annual fundraiser by donating a new item or service to the TTHA fundraising raffle. Cash donations are also welcome, and all donations are entirely tax-deductible.

We are seeking donations of:

- Products (Must be brand new)
- A Service – please include the value
- Cash donations (all cash donations are tax-deductible)

All contributions will be recognised on social media, our website, and our donations wall on market day. This is an excellent opportunity to invest in your local community and build a better future for the residents of TTHA. To discuss an item or service you wish to donate, or if you have any questions, please contact Anna McCandless, our Marketing and Fundraising Coordinator, on 8720 1333 or anna.m@ttha.org.au. Thank you in advance for your generosity and support.



In July, Changing Seasons Cafe had its Christmas in July event. Customers were treated to three delicious courses of Christmas fare, and with

two different sittings for lunch, this event proved very popular. We want to thank the cafe staff who did a fabulous job and presented such delectable dishes to all. We look forward to serving you on your next visit.

Our Social Support Group love getting out in the community and spending time with like-minded friends. Recently, our groups visited the Mulgrave Club for a fabulous Elvis show and lunch, the Glen Waverley RSL for the '50s, '60s and '70s classics and our excellent Changing Seasons cafe for Christmas in July event. If you would like to join one of our groups or be a part of our next carers' outing, please contact our caring team at 87201338.



We have recently welcomed some new staff members to the team, Virginia and Riki. Virginia is our new Business Improvement Manager and will work across the whole business. Virginia has a wealth of knowledge working in the aged care sector, and we look forward to working with her. Riki has been a maintenance technician for 11 years. Riki has spent those years in Aged Care as a maintenance supervisor in a retirement village in Kilsyth and most recently doing maintenance at a school. When you visit us next, please welcome them to the team.

The last two years have brought about growth in our residential home and home care divisions. If you or someone you know is interested in joining our team, please get in touch with our office on 8720 1333. You can view our current employment opportunities online for TTHA and Accent Home Care at www.ttha.org.au/careers.

Winter is always a busy time for the home, with many wonderful indoor activities for all to enjoy. Our Friday happy hour remains a favourite, and when we pair Friday happy hour with carols and karaoke like we did for Christmas in July, we are on a winner.



Gardening is a favourite of our green thumbs, who get to re-pot some blooms and sow some seeds in preparation for spring planting in warmer weather. Our knitting and bowling groups are enjoying their indoor groups, growing as we welcome new residents with similar interests. If you would like to receive a copy of our busy Lifestyle calendar to see what's on offer for residents, please call reception to request your copy on 8720 1333.

Gus and our kitchen staff have been working hard to produce delicious dishes for our seasonal menu. Some of my favourites include the delightful array of braises that warm our tummies and our hearts. Along with the

delectable roasts, salad and pasta, which we cannot get enough of, there is braised pork belly with mustard seed sauce, bratwurst sausages in red wine and fish with caper & lemon sauce, to name a few. They are keeping us all well fed and content. The menu is also on display in A3 size at the entrance of every dining room for easy access for our residents, and when you visit, be sure to pick up your copy at reception.



As another beautiful 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 needs extra support, why not call our Home Care team 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 inquiry or for any of the services TTHA provides, please contact us at (03) 8720 1333 or visit our website (www.ttha.org.au).

Enjoy the spring blooms!
Eva Simo – CEO

WEIHNACHTSMARKT MARKET

Christmas MARKET

Enjoy German Food, Live Music, Plants,
German Chocolate, Coffee, Children's Activities,
Christmas Craft and Speciality Market Stalls

SUNDAY 27TH NOVEMBER 2022
10AM - 2PM

ttha Call: (03) 8720 1333
51 Elizabeth Street, Bayswater VIC 3153
(Enter via Victoria Road)
Visit our website: ttha.org.au

CELEBRATE FATHERS DAY
ON SUNDAY 4TH
SEPTEMBER WITH US! BOOK
YOUR TABLE TODAY!

CHANGING SEASONS CAFE

Fathers Day Special

ALL DAY BIG BREAKY -
2 EGGS, MAPLE BACON,
CONFIT TOMATO, HASH
BROWN & MUSHROOMS

ONLY \$22.00

ONE DAY ONLY!

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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 and Accent Home Care are 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 or apply online at www.ttha.org.au/careers.



CHANGING SEASONS CAFE

Changing Seasons Cafe is open Wednesday to Friday, 10.30 am to 3.30 pm, Saturday and Sunday from 9 am to 4 pm. To stay up-to-date with opening hours, menus and our delicious specials please see our website, www.ttha.org.au/changing-seasons-cafe/. Or 'like' the Changing Seasons Cafe Facebook page @ChangingSeasonsCafe.



ACCENT HOME CARE



The Winter months are behind us as we jump into Spring; the warmer days provide more opportunities to get out of our homes and spend time with others outside. The simple pleasures of catching up with someone important to you outside your

home can mean so much.

Sitting on the porch with a friend, having a warm drink, and having a chat can be a significant activity. Sometimes friends may not be able to visit for a catch-up, and as part of the Home Care Package, we have staff who can visit as part of our service. If you are on a Home Care Package and would like a visit from a member of our team, call the office to arrange it.

Welcoming Elizabeth Ashton to the Accent Home Care Team

Elizabeth Ashton is the new Operations Manager at Accent Home Care. Elizabeth joins the Accent Home Care Team with a wealth of knowledge leading Care Advisors to provide quality care. Elizabeth oversees compliance of the Care Advisor team, providing support to Care Advisors to ensure they meet the assessed care needs of Consumers who receive Home Care Packages. As a senior Accent Home Care team member, Elizabeth reviews feedback and uses this valuable

information to improve home care services. The Accent Home Care team and I warmly welcome Elizabeth to the team.



Home Care Package Focus Group

Accent Home Care will be running a small focus group of six to eight people made up of consumers and their representatives of Home Care Packages. The group participants will contribute by sharing their ideas and thoughts about receiving home care. They will have an opportunity to hear about the latest offerings that can be provided as part of a Home Care Package and provide their input regarding these offerings. The focus group will reflect the greater home care package community and provide input into service offerings before they are rolled out. Focus group members will meet at Bayswater 4 times per year. If you are interested to know more, you can contact Elizabeth Ashton or me.

Support for Carers

We are pleased to announce that Accent Home Care has received funding for a further 12 months to continue our work in supporting Carers. Carer support is when someone else takes care of the person you may care for, so you can have a break. A break can give you time to do everyday activities, relax,

deal with stress, and look after yourself. The Support for Carers program has facilitated several activities, including outings to the Royal Botanic Gardens Melbourne to attend Lightscape in June. This was a fantastic event where the program recipients got to view the iconic tree canopies of the gardens drenched in vibrant colours with bursts of light coming up through the undergrowth like fireworks. The other event received well was the Van Gough exhibition at The Lume, which occurred in May. This event was a digital gallery transforming Van Gough's art into a fully immersive sensory event, choreographed to sound, creating a 360-degree experience. If you care for someone and would like to discuss options to support you as a Carer, feel free to contact Teah at (03) 8720 1338 or email ttha@ttha.org.au to find out more.

Until next time, please stay safe and enjoy the seasonal change as we enter Spring. If you have a question about your home care package or are interested in a package for someone else, feel free to call us on 03 8720 1338.

Nick Grakini
General Manager Community Services

SOCIAL SUPPORT GROUP AND CARER OUTINGS



For every friend you refer to Accent Home Care, you will receive a gift voucher of your choice as a token of our appreciation once they have signed up with us.*



\$100 VISA GIFT CARD



\$100 COLES/MYER GIFT CARD



\$100 WOOLWORTHS GIFT CARD

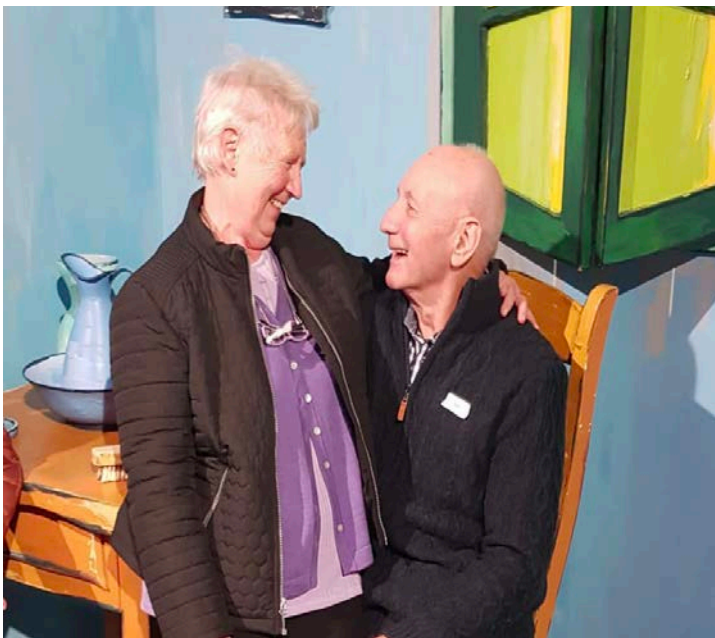
Refer as many friends as you wish and keep being rewarded.

Contact us on (03) 8720 1338 for more information.

*Offer is redeemable only once the person referred has signed up with Accent Home Care.

accent
HOME CARE

31-41 Elizabeth Street, Baywater VIC 3153
Phone us on (03) 8720 1338 or visit our website: accenthomecare.org.au
or email us at: homecare@accenthomecare.org.au



Best wishes from the Social Support Team
Susi, Ulli, Anja and Kerstin.



CLINICAL UPDATE



In July, we updated our visitor booking system to allow booking of care consultation times with the Clinical and Lifestyle teams. This provides an opportunity for us

to inform the residents and their nominated representatives regarding their care plan and to hear any feedback that allows us to improve the care we provide at a time frame of their choice.

We recommend for the care consultations be completed:

- approximately six weeks after permanent admission
- annually
- when there are any changes
- at any time when they would like to discuss the care needs; or
- would like to discuss with us to make any changes.

This can be done in person, virtually via zoom or via a phone call.

At the end of May, Jasleen, our new Physiotherapist, joined the TTHA team. Jasleen will work with Eastern Melbourne Public Health Network to provide small group therapy sessions utilising the sunbeam model. She will approach residents who are suitable to participate in the group sessions based on an individualised assessment to gain consent and interest in participating in the 13-week group therapy session.



Welcome Jasleen

TTHA has been working with Dementia Australia to provide training to understand better Dementia and meaningful engagement with multiple sessions delivered to staff in June and August 2022. Further training for staff and families has been arranged for September and October 2022. We have also been working with Dementia Australia on an environmental audit of our memory support unit to provide feedback and suggestions on improving our care environment to help maintain our resident's abilities, increase independence and provide meaningful engagement.

Take care this winter.

Sara Rupenovic



LIFESTYLE UPDATE

Mother's Day Celebration

"To the world, you are a mother, but to your children, you are the world".

On Friday, the 6th of May, TTHA celebrated Mother's Day. Communal areas were draped with soft pink and lilac decorations, with quotes about Motherhood adorned the walls. Residents in Otto spent the morning viewing the film *Mama Mia* and singing along to classic Abba songs. During the afternoon, all were invited to gather in Sarona Upper for a high-tea style happy hour, celebrating our Mothers and those who took on other maternal roles throughout their lives. Petit fours and refreshments were served as beautiful donated roses were distributed to residents without children or children too far to visit.

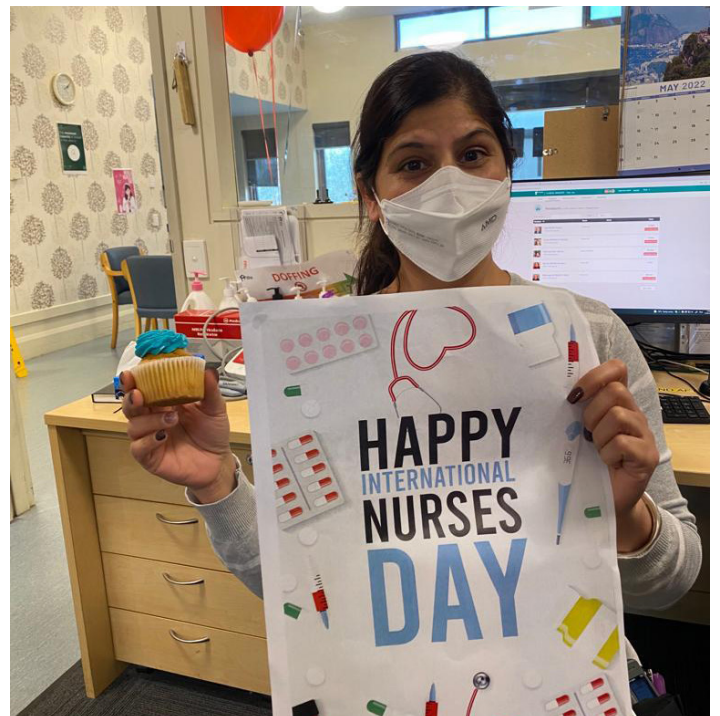
Residents in Otto were then treated to an afternoon of pampering complete with aromatherapy, hand massages, and manicures. Late Sunday morning, female residents were further spoiled with gift bags containing chocolates, art therapy books, and colouring pens.



International Nurses Day

On Thursday, the 12th of May, TTHA celebrated International Nurses Day.

The wings were decked with balloons and posters acknowledging the hard work of our superhero healthcare workers as delicious cupcakes iced in blue and red were enjoyed by all. Staff was further treated to a complimentary coffee in our onsite café and chocolate favours thanking them for all they do to make TTHA a great place to live and work.



Australia's Biggest Morning Tea

On Thursday, the 19th of May, TTHA joined much of Australia in hosting a cancer council's Biggest Morning Tea. This fantastic initiative intends to raise funds and awareness to support people and the families of people living with Cancer; TTHA is proud to participate annually. Each year staff and residents shine in shades of yellow while enjoying a high-tea style morning tea complete with cupcakes iced in shades of yellow accompanying oodles of caffeine.



Queens Birthday Celebration

On Friday, the 10th of June, TTHA celebrated the Queen's Birthday. The home was donned in blue, red and white as we paid patronage to the Queen with music courtesy of special guests Leslie and Ray, dancing and a delicious Devonshire tea.



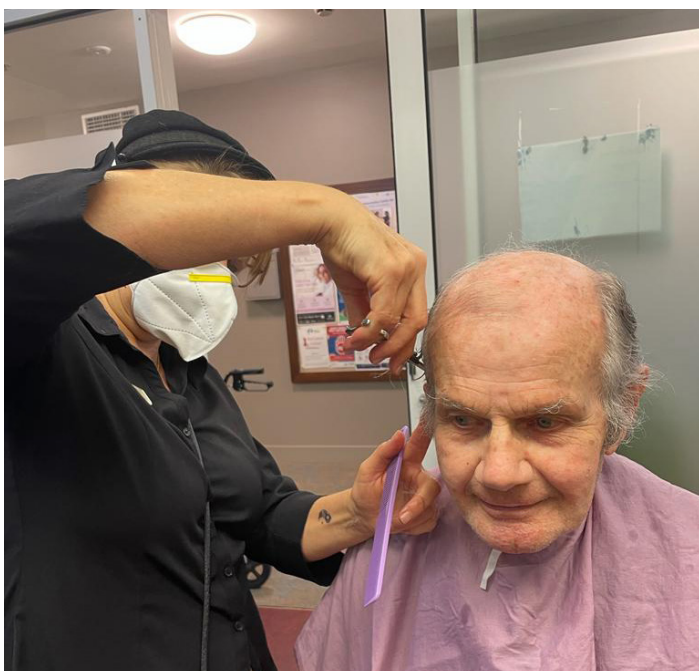
Men's Monthly Barbershop

You may have noticed our male residents looking particularly dapper lately.

On the last Friday of each month, male residents are treated to a pampering session when they attend the barbershop before our BBQ lunch.

Participants are spoiled with a welcome beer, a face and head massage, a shave, a haircut and a splash of aftershave.

All leave feeling relaxed and fresh; a few have even mentioned feeling "20 years younger".



Christmas in July Celebrations

Residents and staff were delighted with our recent Christmas in July celebrations! TTHA has hosted several Christmas celebrations throughout July, including a Christmas-themed happy hour and Christmas lunch outing.

Our happy hour saw residents invited to gather in Sarona Upper, where a winter Christmas wonderland awaited them. Favourite festive foods and drinks were enjoyed between dancing and carol sing-alongs, and all had a great time. Our Morning Melodies Rock N Roll Christmas show with Dave Allen at Ferntree Gully hotel was beautiful! Residents also enjoyed a hearty buffet lunch complete with three festive roast options. Happy Christmas in July, one and all!



National Pyjama Day

National Pyjama Day falls annually each July! It is a day dedicated to wearing your favourite pair of PJs publicly, whether to work or school. The spectacle of wearing your PJs in the middle of the day aims to raise much-needed funds and awareness for children living in foster care. On the 22nd of July, staff and residents put their best slippers forward and joined in the event. It was a sleepy start to the day as residents lounged about and watched dream-inspired films such as “Bedtime stories” while completing pyjama-inspired puzzle/activity packs. By the afternoon, everyone was well and truly awake, dancing at our “Lazy Sunday Morning” themed happy hour, indulging in pancakes, fresh fruit, hash browns and bacon strips, all to the tune of our favourite singing duet, Lesley and Ray.



July Staff Birthdays

We love celebrating resident and staff birthdays at TTHA and Accent Home Care. On Wednesday 27th of July, we celebrated staff birthdays which fall in July, at Changing Seasons Cafe. We look forward to celebrating more staff birthdays with monthly cake and cards.



Stay safe, everyone!
Elise and the Lifestyle team



KITCHEN UPDATE



The winter menu is in full swing and has had some very positive feedback.

The new menu is on display in all of the dining rooms

for residents to see what will be served each meal.

We recently celebrated Christmas in July and pyjama day, where we dished up pancakes with berries, maple syrup, and some bubbly champagne. Residents and staff had a great time while eating some yummy treats.

We have set up self-serve cabinets in all wings now. All the residents can easily access individual snacks such as Tim tams, assorted biscuits, pretzels, mousse and drinks; these will continue to rotate in flavours and are replenished weekly.

The café has been dishing up some yummy food with lots of weekly specials; homemade lemonade scones with strawberry jam and Chantilly cream have been a crowd pleaser.

Christmas in July with a three-course lunch was a great turnout, with excellent feedback from all who attended. Thanks to the fabulous cafe team who hosted a great day!

Gus & The Kitchen/Cafe Team



Beef Goulash and Spaetzle



Chicken Kiev and Vegetables



Crème Brûlée



Mixed Berry Crumble

QUALITY UPDATE



COVID, COVID, COVID. It is all we seem to talk about these days! With that in mind, it is also essential to acknowledge that the current variants are rampant in the community.

Variants BA.4 and BA.5 are classified as immune escape variants. The rise in cases stems from these variants' capacity to infect people resistant to earlier forms of Omicron and other variants.

It is considered best practice that all residents aged 70 years or over who return a positive result via PCR or RAT are commenced on antiviral medication to reduce the severity of symptoms as soon as possible. This is also the recommendation for people living in the community aged 70 years and over. Speak with your doctor regarding the suitability of these medications.

It is also recognised that early detection of these variants is not returning positive results on rapid antigen tests. It is, therefore, more important than ever that all visitors and staff adhere to strict hand hygiene and PPE practices. Face masks must be worn correctly at ALL times, and social distancing continues for staff in common areas such as staff break rooms when having meal breaks. No staff, visitors or contractors are to enter TTHA buildings if they have any signs of respiratory symptoms.

Respiratory Syncytial Virus (RSV) and influenza are also prevalent in the community. If you are symptomatic but testing negative on a RAT, please have a PCR test to identify if you have one of these infections.

With each outbreak, we take on some positive learnings. We endeavour to allow residents as much freedom and movement as possible whilst mitigating the risk of further spreading the virus. We have commenced a welfare program where all residents who are isolating or reside within an isolating area are visited by the lifestyle team, offered additional drinks and snacks, delivered an activity pack or magazines etc., and are offered to book a skype meeting with loved ones. We have purchased multiple air scrubber systems to assist with increasing ventilation and filtering the air. We utilise the fire door system to create cohorts of residents and staff. This allows other residents outside of the fire compartment the ability to freely move about within the unit. Residents who are not isolating can leave the home for appointments or visit others outside of the home following a negative RAT.

We continue to support clients to access the fourth Winter dose vaccination. Eligibility is now open to all people aged 30 and older. We encourage eligible staff to access this. All eligible residents have been offered the winter dose, reviewed frequently with visiting GPs. We hope that as the warmer weather arrives, the prevalence of COVID will reduce.

Kitty Fausett
Quality Manager





TAX DEDUCTIBLE DONATIONS!

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

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

Credit card donations are available at reception; please call 8720 1333 for more information.

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

Your donations will significantly contribute to TTHA's commitment to improving the lives and well-being 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 _____

Donate directly online - www.ttha.org.au/give-now

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 may 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 give 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.