



A MESSAGE FROM THE CEO



With the lovely long summer nights and busy preparations, its hard to believe its nearly the end of 2019. Christmas is right around the corner and soon we will all be over indulging in the

delicious Christmas fare with family and friends. Reflecting on another year together its amazing to think of all the things we have achieved together. These achievements would not be possible if it weren't for our amazing support network. We are so grateful for our staff, volunteers, residents and their representatives, families and local community for their never-ending support in making 2019 such a memorable and successful year.



Our independent living unit residents have had a magnificent year enjoying some fantastic events and entertainment. The ILU activities group is a real asset to the community, meeting monthly for outings and providing a wonderful community atmosphere and opportunities for friendships.



Our annual TTHA 'Weihnachtsmarkt' German Christmas Market was held on Sunday 24th November. It was indeed another fantastic year with over 4000 people visiting all of the stalls! With more than 70 stalls and a variety of unique and handcrafted Christmas items our visitors were treated to a smorgasbord of delights. There was delicious food, entertainment and a great array of activities for the kids, bigger and better than ever!

I would like to take this opportunity to thank some very special people, who ensure our market is great year-after-year.

Thank you to the Templer Craft Group, the TSA for coordinating the parking, the TTHA Board for running the Biergarten and all of the wonderful TTHA staff and volunteers who helped on the day. We are so grateful for all the effort everyone went to, to make the Christmas market such a huge success.



Bendigo Bank

We were very fortunate to receive a number of donations for the Market and would like to formally express our appreciation and thanks to LJ Hooker Boronia for sponsoring our billboards in Bayswater and surrounding areas; Bendigo Bank Bayswater for always being a huge supporter of the market and many other great sponsors, including: Rosier Real Estate, BidFoods, Bunnings Bayswater, Haar Nursery, Orth's Nursery, Colchester Nursery, The Big Bouquet, PrimeCare Financial Planning, Unified Care, The Professionals; amongst many others.

We are also very grateful to our market stallholders who generously donated items for our raffle and we encourage you to buy some raffle tickets from reception. Prizes include a 50-inch Samsung TV, a 32-inch Samsung TV, a golf buggy and round of golf at Mornington Golf Course and over 30 hampers with great products and vouchers that will be drawn on 20th of December at happy hour.

As the Christmas celebrations continue, be sure to drop by our Café and enjoy alfresco dining on our beautiful balcony. It's the perfect spot on a lovely summer's day to bask in the sunshine and enjoy a delicious treat. There is great coffee and conversation and our specialty cakes are made with lots of love, care and attention to suit your Christmas palate! Our café is also a great space to have a family gathering or social group, so come in and talk to us about your needs and how we can cater a menu to suit your group.



Oktoberfest this year was also a great opportunity to enjoy some delicious and traditional German fare and entertainment. It was a wonderful display of German culture which residents, staff and visitors adored. TTHA was showered in decorations with all staff and some residents dressed in traditional dirndl's and lederhosen adding to the enjoyment and festivities of the day.



Cup Day in November was also cause for celebration which includes our residents' hat parade which everyone takes great pride in. It was a fun day full of great food from our kitchen and some fantastic entertainment. It was so great to see such a variety of hats, fascinators and creative hands at work putting together an array of colour and millinery!

Remembrance Day is also, of course, worthy of note, and we conducted a special service with Noel from the Bayswater RSL in our dining room on 7th November. Residents and their representatives gathered to remember those we have lost and those who gave so much for our freedom. We thank Noel, President of the Bayswater RSL who led us in our beautiful service. It was a wonderful opportunity for everyone to remember those we have lost and to share stories.



Whilst we love our outings, food and events, we also must address the more formal activities. During November we held our Independent Living Units and Residents and Representatives meetings. These meetings are held quarterly 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.

As another busy season draws to a close with all sorts of activities including our mobile library, pet therapy sessions, residents' outings and many choirs, plans for a busy summer and festive season are certainly well underway and it's going to be a busy time!



December sees many special events including St Nicholas Day on 6th of December where once again we'll be decorating our home and hosting a wonderful German Christmas choir whilst serving up cuisine to match! We greatly appreciate our volunteers so we will get together for a lunch on 4th December to celebrate the wonderful year we have had together and show our appreciation for all that they do for us. If you have volunteered with us during the year we

welcome and thank you! Please get in touch with us to register your attendance.



Wednesday 18th December we will welcome back Senior Styles for some in-house shopping which is always very popular with residents. Our Christmas celebrations continue with the ILU Christmas party which will be celebrated on 18th December and we will have our residents Christmas party on Friday 20th December with happy hour. Our new building is also tracking well and is due to open mid-February 2020. We will continue to send updates on the progress and will notify families of further information.



As the festive season approaches it may be time to reflect on your own or a loved one's aged care requirements. If you or a loved one want to stay at home longer and need 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. Accent Home Care offers self-managed as well as case management assistance of your home care package. 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 and for home care www.accenthomecare.org.au.

As another wonderful and successful year draws to a close, I would like to take this opportunity to thank our fabulous staff, volunteers, families and residents for another magnificent year! From our TTHA family to yours we wish each and every one of you a very Merry Christmas and a happy and safe New Year.

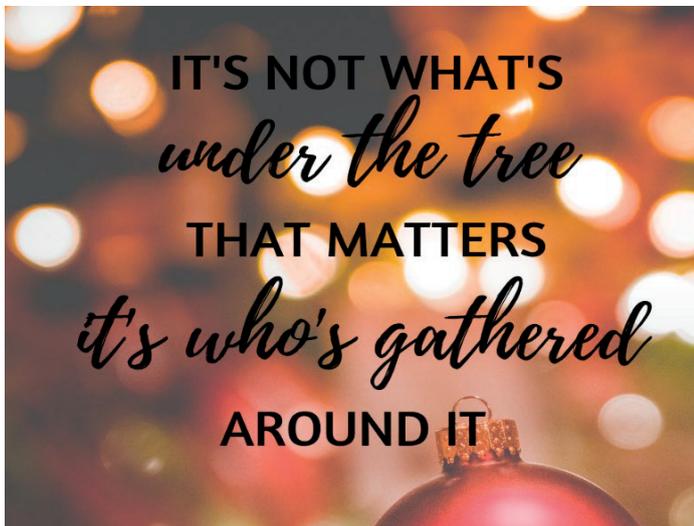


Stay cool this summer!
Eva Simo – CEO



A Message from the CEO	Pg 1	Market Major Sponsors	Pg 12
Quote of the Season	Pg 5	Kitchen Update	Pg 13
Work With Us	Pg 5	Social Support Group	Pg 14
Tempting Treats Café	Pg 5	Accent Home Care	Pg 15
Clinical Update	Pg 6	TTHA ILU Activities	Pg 16
Lifestyle	Pg 7	Summer Lifestyle Activities	Pg 17
Monthly Activities	Pg 11	TTHA Christmas Raffle	Pg 19
Employee of the Month	Pg 12	Donations & Bequests	Pg 20

QUOTE OF THE SEASON



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.**



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

Clinical Update



The Birch leadership team has been working hard on developing a model of care which aligns with TTHA's Vision, Mission and Values. As such, we have been holding multiple group sessions with all

the staff throughout July to discuss the new standards and how we can "enable each resident to have the best day they can have." Together with staff feedback from these sessions, leadership input and the feedback received from the initial surveys the new model of care is being developed and is planned to be rolled out in November. The model of care includes the behaviours that best reflect how each one of us can ensure all residents have the best day they possibly can.

We are very excited and grateful for everyone's continued input into this project and look forward to the launch in the coming months, stay tuned!

At our last Residents & Representatives meeting we asked our residents what they preferred to be called, "consumers" or if they prefer "residents" and all of our residents present chose to be referred to as "residents." Therefore, going forward all communication will refer to residents as per our residents preference.

We had our accreditation visit from 21st to 23rd August 2019 where assessors from the Quality and Safety Commission spoke

to residents, representatives and staff about the care standards here at TTHA. The feedback from the accreditation visit was incredibly positive and TTHA has been Accredited until November 2022. I would like to take this opportunity to thank all staff, volunteers, residents and representatives for your contribution to making TTHA a wonderful community which I'm proud to be apart of.

In closing I would like to inform you that we have updated our green feedback forms to allow for more room to write feedback as well as questions around what response you would like and how you wish to receive this response. As always, I would like to encourage everyone to provide their compliments, concerns and suggestions to help us continuously improve TTHA. I wish you all a wonderful Christmas and a very happy new year!



Sara Jahanara
Director of Care



LIFESTYLE

International Beer Day

International beer day is celebrated each year on the first Friday of August. What a wonderful way to celebrate, with lots of international beers to try! Frank Lee Darling serenaded our residents with some enjoyable tunes while residents sipped on their beer or wine and shared some delicious nibbles. A few of our residents got up for a duet with Frank much to the delight of the audience. Cheers to international beer day.



Red Nose Day

Annually, 3,200 Australian families experience the sudden and unexpected death of a baby or child. Red Nose day relies on the community to raise awareness through the wearing of a red nose. To support this worthy cause, TTHA hosted a Red Nose event at our Friday happy hour. We were entertained by 'Golden Memories', music on our big screen and our residents sang along and swayed to the beat. It was a delightful

afternoon with delicious treats, laughs and wonderful music.



Indian Cultural Day

Cultural days are a favourite here at the home and Indian Cultural Day was no different. Residents were delighted by an Indian dance routine by Geeta and the beautiful cultural dress of the TTHA staff. Residents were invited to join in the dancing, dressing up and learning some new dance moves with Geeta and staff to celebrate Indian Independence Day. The afternoon was made complete with some Indian nibbles paired with a beer or wine.



Zone Bowling Boronia

Bowling is so much fun. Not only is it fun but it's a fantastic way to get some exercise. Residents enjoyed a bus outing to Zone Boronia followed by a morning of bowling with friends. Residents were surprised by not only the skills they had, but also by how much fun they had!



R U OK Day

R U OK? Day is Australia's national day of action, dedicated to reminding everyone to ask, "Are you OK?" and to remember every day of the year to support people who may be struggling with life's ups and downs. To bring awareness to this special day, residents and staff gathered for an afternoon tea in the main dining room sharing sandwiches, fruit, biscuits and delicious cakes. Elise from our lifestyle team presented on why it's important to have these conversations and where the 'R U OK Day' started, followed by the viewing of some movies related to R U OK Day. Thank you all who participated and wore a splash of yellow in recognition of this important day.



Tesselaar Tulip Festival

More than a million spring flowering bulbs including almost a million Tulips are on show throughout the Tesselaar Tulip Festival. Residents had a fantastic time on their visit admiring the tulips, all the colour of the rainbow, as far as the eye could see! There was live music to enjoy while residents ate their picnic lunch. Residents also enjoyed the sculptures, patted the alpacas, saw beautiful garden displays and wandered through the nursery. They also admired the replica windmills and saw Australia's largest clog which was used as prop for many photos.



Melbourne Museum Australian Animals Presentation

Thank you to the Melbourne Museum for their Australian animals presentation. Our residents simply loved being able to learn about and touch these animals. It was a wonderfully educational and fantastically sensory activity which we had some lovely feedback on. Residents especially adored seeing the fluffy and cute animals as well as the silkily smooth reptiles.



Play Group Visit

We are so grateful that the Templer Playgroup have been spending each fortnight with us and our residents in Otto Lower. Parents and children have been spending an hour once a fortnight painting and visiting with residents. This cross-generational contact brings so much joy to our residents and we look forward to the relationships building.

Footy Tipping Happy Hour

Congratulations to our fantastic footy tipping winners!! Thanks also goes to Deb Melbourne, our great receptionist who managed the whole footy tipping competition, making sure everyone who wanted to be, was included.

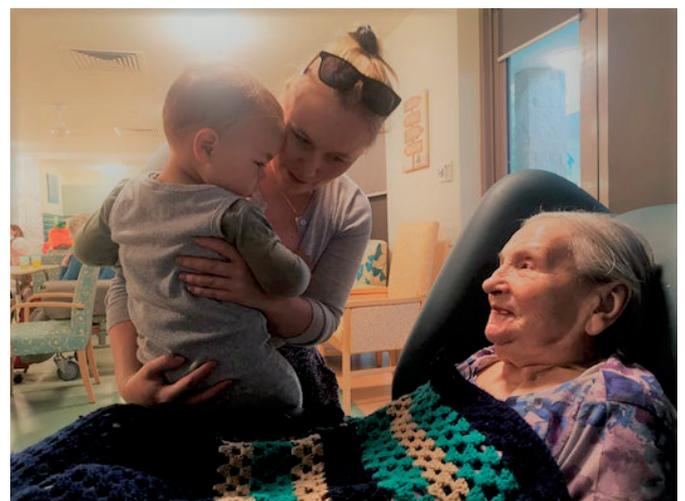
Residents:

1st - Rudolf Rabel

Equal 2nd - Herbert Loebert

Equal 2nd - Walter Pries

3rd - Klaus Loetsch



Australian Rainbow Trout Farm

Residents were delighted with their visit to the Australian Rainbow Trout Farm in Macclesfield. Our group enjoyed fishing in the ponds and catching some trout for their BBQ lunch. Staff at the trout farm assisted everyone with threading bait and removing fish from hooks when needed and the weather couldn't have been better for a relaxing day of fishing. The day was complete with the BBQ trout for lunch and a glass of wine.



Oktoberfest

Oktoberfest is always a big celebration here at TTHA. Our residents and staff enjoy dressing in traditional German dirndl and lederhosen with a matching hat. We were so lucky to be entertained all afternoon by The Evergreen German Choir and Joe Parks who is a marvel with all of the traditional German beer drinking songs. The traditional German fare was enjoyed by all and we sang the afternoon away.



Sorrento Ferry Trip

The ferry trip from Sorrento to Queenscliff was an outing everyone was looking forward to. Residents enjoyed a delicious picnic lunch in beautiful surroundings and a relaxing ferry ride from Sorrento to Queenscliff. A coffee and scone on board was well received and residents enjoyed the views from all of the decks.



Halloween

We had a scarily fun and spooky Halloween Happy hour with everyone. Residents enjoyed dressing up in a silly hat or costume to join in the fun while enjoying the musical talents of Frankston's Ladies Choir. Nibbles were enjoyed while the music serenaded our residents who savoured a favourite beverage.



Oz Dog Show

Thank you to the lovely people at Oz-Dogs Victoria for bringing their beautiful and talented dogs in to delight our residents. Residents were overjoyed to see the dogs running, jumping and performing their amazing tricks. Thank you Oz-Dogs for your visit and we look forward to seeing you again.



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

M: 0430 494 169

Sam & The Lifestyle team



EMPLOYEE OF THE MONTH

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



Amina Kamal - August



Jana Gazarek - September



Amandeep Kaur - October

MARKET MAJOR SPONSORS

Thank you to the amazing major sponsors of our 2019 Weihnachtsmarkt, without your continued support our market would not be possible.



KITCHEN UPDATE

The weather has finally warmed up after a long and wet winter. The new and seasonal menu has started recently and we have made some nice changes to suit the warmer months. We continue to develop our menus and use traditional German recipes as well as trying some new things from other areas of the world. All of our recipes are made using fresh produce and offer a vast selection of choice over the month's rotating menu.

Our kitchen team enjoys offering variety and they also love cooking for special events. Oktoberfest was a real success this year enjoyed by all who attended. I would like to thank all of the staff who made this event a real success, especially my kitchen team, who continue to uphold a great level of service. The TSA also held their first Oktoberfest celebration on Saturday the 19th. It was a fantastic success and some TTHA kitchen staff and I enjoyed being a part of it. Again thank you to the kitchen and lifestyle staff who assisted with that event and dressed up to join in the festivities!

I also encourage you to come in and visit our café team. We provide a warm atmosphere with great coffee, food and friendly staff.

Merry Christmas from the kitchen team.

Tim & The Kitchen team



Traditional Greek Moussaka



Sweet & Sour Pork with white rice



Apple pie with whipped cream



Orange cake and cream

SOCIAL SUPPORT GROUP

Slowly the weather has been improving and becoming more suited to some outdoor time. This has delighted all of our Social Support Groups! Even though spring has had some cooler and wet days we still managed to visit some popular venues. Clients have been able to go for walks in the fresh air and often enjoy some sunshine too.



Some of the places we have visited are: Fountains (the TAFE restaurant in Box Hill), The Heide Museum, Kuranga Nursery, Garden World, Mordialloc Pier, Cranbourne gardens, Warrandyte, National Rhododendron gardens.



Two of our groups have some vacancies which we would love to fill! The Accent Home Care Social Support Group is specifically for people who are still

independent and living in their own home or unit, and who would like to get out and enjoy the company of other seniors. Our caring, bilingual staff cater for both German and English-speaking clients and can offer you tailored support according to your needs.

If you think this may be something you are interested in, we offer your first outing for free (you would just need to pay for your food and drink). The vacant spots are on a Wednesday and Thursday. Couples are very welcome as we have several places in both groups.



Please call in to see us in the Accent Home Care Office or phone: 8720 1338 during office hours to get some more information. TTHA Independent Living Unit Residents will receive our information flyer in your letterbox soon. Please keep a lookout for this and don't hesitate to ask any staff for your free 'try-out' session! Have a wonderful festive season!

Susi Richter & SSG Team



ACCENT HOME CARE

In October, Accent Home Care participated in the Maroondah Councils Seniors Wellbeing Expo in Ringwood, which was part of the 2019 Victorian Seniors Festival. The expo was an enjoyable day, sharing information with seniors about our community services, including home care packages, private home services and our Social Support Group.



Earlier this year, the Department of Health told the commission it would take \$2 billion to \$2.5 billion extra each year to provide access to everyone on the home care waiting list with the level of care they needed. Currently the expected waiting times for level 2, 3 & 4 packages are longer than 12 months. According to The Age newspaper, the government will provide an additional 10,000 packages, and a total of 150,000 home care packages by 2021-2022.

These figures are very good for those who have been on long waiting lists for home care packages.

As we move into more consistent warm weather, we encourage you to remember to hydrate this Summer!!!

As the weather is getting hotter, it is a friendly reminder to keep yourself hydrated and make sure your smoke detectors have fresh batteries.



The Accent Home Care team'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, home assistance, self-management or social support 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.

We wish you all a Merry Christmas and a Happy New Year!

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



TTHA ILU ACTIVITIES

On a beautiful July day, the ILU residents were off to Phillip Island. Morning tea was enjoyed on the way at Calder Meade Farm which was a lovely start to the day. The comfortable and well-appointed Knox City Council bus, along with our courteous driver Kevin, took us a little off the beaten track to give us some more wonderful water views. No penguins, but plenty of other wildlife to appreciate.



In August, our group chose an indoor activity of Morning Melodies and lunch in high tea style at the newly renovated Ferny Creek Kitchen. Brendan Scott presented a very entertaining show including songs which were very familiar and enticed some of us to swing a leg on the dance floor. The lady of the house sang some songs as well.

The weather was again kind to us for our excursion to the Tarrawarra Museum of Art in the Yarra Valley to see the Archibald Prize Winners Exhibition. The views of the vineyard, lake and surrounding mountains were breathtaking. A delicious lunch was enjoyed by all at the Terminus Hotel in

Healesville and the scenic drive home was picturesque.

The Knox City Council Seniors week booklet is always brimming with invitations and social gatherings. Our group chose to join the multicultural Italian Indulgence Day at the Knox Italian Community Club in Rowville. We had a scrumptious, Italian style morning tea with lasagna, pizza and salad for lunch. The entertainment was fabulous and we did not hold back on the dance floor! We enjoyed ourselves so much that we booked for next year!



Please do not hesitate to contact one of our committee members if you have any suggestion for excursions for the coming year or if you would perhaps like to be on the committee yourself.

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

Your ILU Activities Group



A banner for 'Summer Lifestyle Events' featuring a background of tall grasses in the foreground and a bright, hazy sunset or sunrise over a body of water in the background.

Summer Lifestyle Events

A banner for 'St Nicholas Day Happy Hour' featuring a close-up of Santa Claus on the left and a background of white snowflakes and bokeh lights on the right.

St Nicholas Day Happy Hour

Friday 6th December
Main Dining Room

A banner for 'Christmas Lights Outing' featuring a background of colorful bokeh lights in shades of blue, green, red, and yellow.

Christmas Lights Outing

Monday 9th December

A banner for 'Montrose Christmas Tree Farm Outing' featuring a close-up of a green Christmas tree branch on the left and a light pink background on the right.

Montrose Christmas Tree Farm Outing

11th December 10.00am

Senior Styles

IN-HOUSE SHOPPING
18TH DECEMBER



LLU Christmas Party

18th December from 6pm
Main Dining Room



Residents Christmas Party

20th December - 12.00pm
Main Dining Room





TTHA RAFFLE

1st Prize - Samsung 50" TV Valued at \$1249.00

2nd Prize - Samsung - 32" TV Valued at \$749.00

3rd Prize - Clicgear Golf Buggy and Mornington Golf Experience Valued at \$620.00

Plus over 30 amazing hampers with fantastic vouchers and many prizes to be won!

Prizes generously donated by:

39 Degrees
 Alan Tudge
 Anne Abbott
 Annemarie Gaff
 Aromacare
 Artist Photographer
 Astrid Nordmann
 Babzzz Designs
 Bayswater Discount
 Chemist
 Blue Daisy Patch
 Zoet Print
 Bunnings Bayswater
 Bunzl Australia
 Cameo Cinemas
 Cherry Hill Tavern
 Collette Painter
 Croydon Lotto
 Deanna Roberts
 Elsbeth & Werner
 Jeserer
 Enchanted Little Oak
 Eva T Unique
 Eva Turski
 Furlong Paint
 Glenda McRae
 Green Scents
 Haar's Nursery
 Happiness Heals

Info organiser
 Irene Bengough
 Jenny Connor
 Jenny Hawkins
 Lisa B Jewerley
 Lottie & John Hohnholt
 Luna Park
 Lunar Drive In
 Julie Cook
 Keron Harris
 Kilsyth Centenary Pool
 Lilydale Squash & Fitness Centre
 Lisa B Jewerley
 Lottie & John Hohnholt
 Luna Park
 Lunar Drive In
 LUX Twenty Six
 Margaret De Bono
 Maroondah Leisure
 Melbourne Museum
 Michaela Zimmermann
 Mitcham Hotel
 MMP Property Maintenance
 Monash Aquatic & Recreation Centre
 Moonee Valley Races
 Mooroolbark Wool
 Mornington Golf Club
 Mosaic Craft
 Nikos Tavern

Old England Hotel
 Old Melbourne Gaol
 Orths Nursery
 Oz Tenpin Chimside Park
 Pamela Damm
 Paula Eckberg
 Pelican Manufacturing
 Portable Salt Rooms
 PrimeCare
 Puffing Billy Rail Way
 Rosier Real Estate 'The
 Professionals'
 S and J Fruits
 Salts of the Earth
 Scienceworks Museum
 Sherlock Designs
 Shopaholic
 Soap for skin
 Sovereignhill
 Spectrum Crafts
 Thai Tables
 The Big Boquet
 Total Office National
 Trees Adventrue
 Unified Care
 Warbotanicals
 Wendy's Wantirna Beauty Centre
 Xavier & Zoie Janssen

Tickets \$2 or 3 for \$5

Tickets at Reception

Draw: 20th December 2.30pm

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 _____

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.