



A MESSAGE FROM THE CEO

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Editor: Michelle Weller

Liebe Bewohnerinnen und Bewohner,

nach einigen ruhigen Wochen zwischen Ende Juni und Mitte Juli sind wir offenbar wieder bei unserem quirligen TTHA-Programm: Am 22. Juli feierten wir das **Winterfest** mit vielen Bewohnern, Angehörigen, Freiwilligen und Mitarbeitern. Der Tabulam Speiseraum erwies sich wieder als passender Ort für unsere großen Ereignisse. Ansonsten wollen wir TTHA als einen Platz mit vielen kleineren Gemeinschaftsräumen erhalten um die häusliche Atmosphäre zu pflegen die hier so spürbar ist und von Bewohnern wie allen anderen sehr geschätzt wird.

Haben Sie es bemerkt? Die Tage werden wieder länger. Zwar ist der Frühling noch nicht da, aber bald blühen die Wattles als die ersten Frühlingsboten.

Die Altersheim Bewohner müssen sich zurzeit mit Renovierungsarbeiten abfinden. Wir bitten dafür um Verständnis. Aber Sie werden schon die Verbesserungen bemerkt haben: Der hintere Teil ist schon mit Gipsplatten verkleidet und gestrichen, es ist sehr viel mehr Licht und Raum im mittleren Teil und Fenster wurden ersetzt. Das ist der Ort, wo das Internet für unsere Bewohner installiert wird. Und der vordere Teil wird ebenfalls bald renoviert.

Wir heißen unter uns als neue Bewohner willkommen **George Worsley** (14. Juli), **Heinz Sander** (21. Juli), **Walli Trapp** (23. Juli) und **Ruth Dietzel** (24. Juli – Respite Care). Sie alle wissen, was für ein großer Schritt es ist, die vertraute Umgebung des Eigenheims aufzugeben und in ein Altersheim zu ziehen. Umso wichtiger ist es dass unsere neuen Bewohner sich willkommen fühlen und Teil der TTHA Gemeinschaft werden. Helfen Sie bitte mit das zu erreichen! Danke!

Ebenso mussten wir uns von Bewohnern verabschieden: **Helmut Spann**, einer unserer ersten Warrina Bewohner, verstarb am 6. Juli nach längerer Krankheit. Unser Beileid geht an seine Frau Aranka die jetzt im Altersheim lebt. **Gertrude Hübner**, die im TTHA über 16 Jahre gelebt hatte und unsere „älteste“ Bewohnerin war, verstarb am 11. Juli. Tags darauf verließ uns **Friedel Meeksi** die längere Zeit in Palliativpflege war. Sehr unerwartet und plötzlich mussten wir **Elfriede Bechert** verabschieden, die nach kurzer Krankheit am 16. Juli verstarb. Schließlich starb am 22. Juli **Brunhilde Fischer** die nach kurzer Krankheit verstarb, nachdem sie erst am 12. Juli gekommen war und sich nur 10 Tage unserer Pflege erfreuen konnte. Möchten sie im Frieden ruhen!

Zweimal im Jahr schnellt unsere Stromrechnung hoch, im Winter wegen der Heizung gegen die Kälte, im Sommer wegen der Klimaanlage gegen die Hitze. Lasst uns für beides dankbar sein! Die Heizungs- und Kühlungssysteme garantieren ein gemäßigtes Klima und angenehme Temperaturen zu jeder Zeit im TTHA. Lassen Sie uns bitte wissen, wenn Sie Probleme mit den Temperaturen im TTHA haben!

Ich hoffe Sie kommen durch den Winter ohne Ihren Hausarzt zu oft konsultieren zu müssen.

Mit herzlichen Grüßen bin ich
Ihr



A MESSAGE FROM THE CEO

Dear Residents,

After some quiet weeks at the end of June and the first half of July we seem to be back to our usual busy program in TTHA: On 22nd July we celebrated the „Winterfest“ with many residents, relatives, volunteers and staff. The Tabulam Dining Room again turned out to be a very suitable venue for our “big” events. Otherwise we want to keep TTHA as a place with many smaller community areas in order to maintain the homely atmosphere which is so noticeable here and very much appreciated by residents and all others alike. Read the report on the Winterfest in this edition!

Did you notice recently that the days are getting longer again? It is not spring yet, but soon the Wattles will be out as the first signs of spring.

The Altersheim residents have to put up with renovation activity at the moment. We apologize for it. But you have already noticed the improvements: The rear part has been plastered and painted, there is much more light and space in the middle section after the store room has been removed and windows replaced. That is the area where the Internet for residents will be installed. And the front part will soon be renovated as well.

We welcome among us as new residents **George Worsley** (14th July), **Heinz Sander** (21st July), **Walli Trapp** (23rd July) and **Ruth Dietzel** (24th July – respite care). All of you know what a big step it is to leave the familiar surroundings of home and go into an Aged Care Facility. All the more it is important that our new residents feel welcome and become part of our TTHA community. So please help to achieve it! Thank you!

We had to farewell residents as well: **Helmut Spann**, one of our first Warrina residents, passed away on 6th July after a long illness. Our condolences go to his wife Aranka who now lives in Altersheim. **Gertrude Hübner**, who had lived in TTHA for more than 16 years and was our “oldest” resident, passed away on 11th July.

The day after **Friedel Meeksi** who had been in palliative care for a long time left us. Very unexpectedly and suddenly we had to farewell **Elfriede Bechert** who passed away after a short illness on 16th July. Finally on 22nd July **Brunhilde Fischer** passed away after a short illness after she had been admitted to TTHA only on 12th July and could enjoy our care for only 10 days. May they all rest in peace!

Twice a year our electricity bill goes considerably up, in winter because of the heating against the cold, in summer because of the air-conditioning against the heat. Let us be grateful that both, the heating and the cooling systems guarantee a temperate climate and pleasant temperature at all times in our TTHA. Please let us know if you have problems with the temperatures in TTHA!

I hope you can get through the winter without having to consult the GP too often.

With kind regards
Yours sincerely



ATTENTION

Please note that the
**Accreditation Site Audit
visit dates have changed
to:**

**Tuesday 17th & Wednesday
18th August**

A MESSAGE FROM CHERYL YOUNG

DIRECTOR OF NURSING

PERSONAL FRIDGES: Just a reminder to all residents and relatives that if you have a private fridge it is the responsibility of the resident/ family to keep it clean, and all old food thrown out. Food should be kept for only 3 days and then discarded as it is too risky to keep for longer. If putting food in the communal fridges it should be signed in the reception book and a sticker placed on the food with resident's name and the date as well. There are stickers on the fridges for this purpose.

HOT WATER BOTTLES: Hot Water Bottles are not allowed in TTHA –if your loved one requests one please buy a heat pack instead or get one from the nursing staff. There have been requests from relatives that bedrails be put in place as they are used so frequently in hospitals. It is generally considered that a bedrail is a restraint device which has as many inherent dangers as it prevents, so we do not encourage their use at TTHA. We prefer to use floor-line beds, concave mattresses and bell mats to alert staff.

MEDICATION ROUNDS: Whilst nurses are doing medication rounds do not engage them in conversation as this is distracting and has been shown through research to be the single most common cause of medication errors. Leave them to do the round in peace and it will be safer and quicker.

CIGARETTES: Do not give any residents cigarettes even if they ask! They may be endangering themselves and others. Please give it to the staff on duty and they will give to the resident if necessary and after an assessment. Smoking is only permitted in designated areas. Ask staff if unsure of where this is!

HERBAL REMEDIES / OVER THE COUNTER MEDICINES:

Do not buy over the counter medicines/herbal remedies and give to the resident! All medication needs to be noted so that when pharmacist reviews the resident medication list she knows exactly what the resident is taking. Over the counter medications and herbal medicines can have serious side effects if given with certain other medications. All medications whether prescribed or otherwise must be kept in a locked drawer and the key kept on the resident's person. We do ask for your cooperation in these matters.



LIFE STORIES:

Also we would like to ask residents to provide us with a life story. These are now considered the most important piece of information we can gather from you as we can then understand you better, provide care that is appropriate and help us to help you. We understand that there may be areas of your life that you don't want disclosed but if you give us a general overview either in written form or photo album with captions it is so beneficial to the staff as they can then picture you as a real person not just an older lady or man who requires care. Some families have already provided these and they are absolutely fascinating and inspiring. We all have a story to tell and it is beneficial when we share these with others.

I thank you for your understanding and co-operation in these matters.

Regards,
Cheryl Young

HAPPENINGS AROUND THE HOME

Hello

Wintry greeting from the activities team – what a cold, wet winter we have been having, but there have been some glorious sunny days to remind us that eventually spring will come.



For our **Winterfest on 22nd July**, we had a cold wet day to celebrate with, just perfect for the occasion. Bärbel and Monika organised a truly lovely event, and with the help of our CVP kids (the paper snow flakes) and many volunteers (decorating the room) they turned our Tabulam dining room into a magical winter wonderland, complete with snowman!

Bärbel entertained us with song, poems and stories. Everyone was involved with the “Schneeball-schlacht” and enjoyed the nibbles of fruits, Speculatius, Snow-drops, Lamingtons and many other yummy sweet things that reminded us of winter. It was a lovely morning, and thank you if you came and joined in. I would also like to thank Bärbel and Monika for their organisation, as well as the many volunteers who turned up to help with various jobs that need to be done to make such an event happen.



We have a busy month coming up, firstly our new Zivis will be starting, so there will be a lot of training for them as well as new people for you to meet.

Friday 6th Aug we are lucky once again to have the **Red Apple Singers** in to perform for us. They are a very talented choir and provide us with a great morning's entertainment. Everyone is welcome to come to the **Tabulam dining room at 10.30am**.

On **Wednesday 11th Aug** we will be holding an **Ecumenical Service** in the **Tabulam dining room at 11am**. The theme this year is “Building Bridges” – building tolerance and respect to one another – Gib mir Mut zum Brücken bauen! This is a yearly event with many people coming in to contribute to the morning's service including our own CEO, as well as Pastor Stern (Luth.), Herta Uhlherr (Templer) and Schwester Elisabeth (Kath.). We would love to see you there.

On **Tuesday and Wednesday 17th & 18th**, as you are probably aware, we have the **Accreditation Site Audit** taking place.

Monday 23rd we once again have on loan the large council bus for an outing. We are open to suggestions of where we could go, remembering that it will most probably be cold, wet and very wintry at that time of the year. So we are looking for something interesting to do inside that has the possibility of lunch nearby, is wheelchair/walker friendly and is not too big so that we can keep track of where everyone is! You got a good idea – let me know a.s.a.p.!!

I wish you all an enjoyable August and look forward to seeing you around the home.

Take care, Karin

Ecumenical Service

Wednesday August 11th

11am

Tabulam Dining Room



“Building Bridges” – this years theme

Man muss sich durch die kleinen Gedanken, die einen ärgern, immer wieder hindurchfinden, zu den grossen Gedanken die einen stärken.

(D. Bonhoeffer)

Everyone welcome.

UP COMING EVENTS AT TTHA

AUGUST

FRIDAY 6TH

Red Apple Singers
10.30am Tabulam Dining Room

WEDNESDAY 11TH

Ecumenical Service
11.00am Tabulam Dining Room

TUESDAY 17TH & WEDNESDAY 18TH

Accreditation Site Audit

MONDAY 23RD

Annual Council Bus Outing
For Residents
Time & Venue TBA

Resident Relative Meeting
9.15am Warrina Upper Lounge

Independent Living Unit and Apartment
Residents Meeting
10.30am Warrina Upper Lounge

MOBILE POLLING BOOTH



A mobile polling booth will be at
our facility on

Wednesday 18th August
From **9am to 12 midday**

for our Residents' convenience.

It will be situated in the Training
Room (next to the Dr Schreiber
Dining Room)

IMPORTANT NOTICE

Due to the new Zivis arriving
soon, we wish to advise

**THE CAFÉ WILL SOON BE OPEN
AGAIN ON SUNDAYS**

We apologize for the present
inconvenience.

MOVIE NIGHT PROGRAM
FOR AUGUST



MONDAY 2ND

“ZWEI SÜSSE FRÜEHTCHEN”
MIT INGE MEYSEL UND HEINZ REINCKE
HEIMATGESCHICHTEN

MONDAY 9TH

“BEI DER BLONDEN KATHRIN”
MIT HARALD JUHNKE VON 1959

MONDAY 16TH

“DIE FÖRSTERBUBEN”
HEIMATFILM

MONDAY 23RD

“ZUM GLÜCK VERRÜCKT—EINE UNSCHLAGBARE FAMILIE”
FAMILIEN- KOMÖDIE

MONDAY 30TH

“HANNES UND DER BÜRGERMEISTER”
VON 2005

**PEASE SHOW CONSIDERATION TO FELLOW MOVIE GOERS AND
BE ON TIME AT 6.45PM**

Cost of Admission to Movie Night \$2.00.

BIRTHDAYS IN AUGUST

RESIDENTS

THERESA SCHWALL
BERTHA GÜNTNER
WALLY BEILHARZ
OTTILIE KUSTERS
ERIKA GOETZE
GERTRUDE ABERLE
AGNES CHRUSCZ
BETTY TETZLAFF

VOLUNTEERS

JESSICA CRIPPS

STAFF

KATARINA BENKO
CATHERINA VAN DER WEELE
MELISSA ANDALORO
DOROTHY MCKAY
JENNIFER TANKARD
SANDRA KAVANAGH
EVA KEIGHERY
WALTRAUT LUBITZ
NEOMI MARTINUS
ROBERT MEGELE
TRUDY RICE
CHRISTINE SIMCOCKS
MARISSA BULLAOIT
PATRICIA COOKE
TANJA MESSNER
KIM OZOLS
RICARDA RAMMANHOR
GILLIAN WRIGHT



PLEASE ADVISE ME IF YOUR BIRTHDAY HAS NOT BEEN
INCLUDED AND I WILL RECTIFY THE
SITUATION. THANK YOU, MICHELLE

