

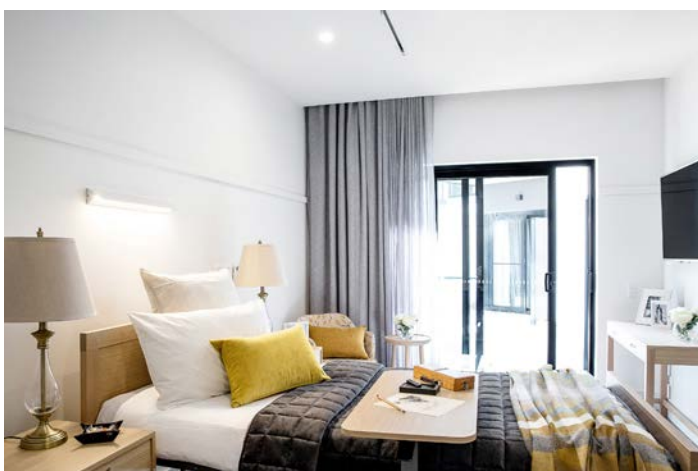


## A MESSAGE FROM THE CEO



In these challenging times it's a welcomed site to see the beautiful array of autumn leaves out of our windows. The stunning reds, oranges, yellows and browns suppling a spectacular changing landscape for all residents to enjoy.

When out to enjoy our daily exercise it's a sensory delight listening to these leaves crunch under foot and watch them fall from the trees. We are also enjoying the delightful autumn sun that has been streaming through our windows here at TTHA, warming our skin, our hearts and giving everyone some joy in these uncertain times.



We are excited to announce that TTHA took occupancy of the new Sarona building on



Friday the 3rd. April. We welcome you to tour Sarona through the virtual tour link on our TTHA website, [ttha.org.au](http://ttha.org.au).

We welcome your feedback on the high-quality finishes, spectacular views and luxurious, super-sized rooms. The administration team have moved into their new offices on the ground level of the new building and residents have moved into their new rooms. For the time being entry to TTHA will remain through the old reception area until such time as the new driveway has been completed, estimated for the end of May 2020.

We now have vacancies right across our facility as we have completed and opened our Sarona building. If you or a loved one is interested in speaking to us about these luxurious rooms or to book in a tour please call reception today on 8720 1333.

## TTHA WINTER NEWSLETTER 2020

As you all may be aware, an industry code for visiting residential aged care homes during COVID-19 has been released by the Australian Government.

The visitation code for residential aged care priorities access to loved ones while ensuring the protection of our residents remain the number one priority.

As restrictions start to ease, care needs to be taken by all in the interests of aged care residents. Visiting requirements are listed below:

- You must book in your visit prior to entry, please call reception Monday – Friday to arrange visits – (03) 8720 1333
- Visits are kept to a short 30 minutes, unless previously arranged with management
- There will be routine screening measures for all staff and visitors on entry, including a no touch temperature test, please ensure that you answer honestly
- We ask you not attend TTHA if you show any flu like symptoms or been in contact with a confirmed COVID-19 case, or have returned from overseas in the last 14 days.
- No more than two visitors at a time in a resident's room only, there should be no visiting in communal areas
- No children aged under 16 years are permitted to visit residential aged care facilities except in special circumstances
- Visitors require proof of influenza vaccination prior to entry
- Mandatory hand hygiene applies, please use hand sanitizer upon entry and exit of the home

Video calls are available to enable more regular communications with family. You can also keep in touch with us via Facebook we post many pictures on our page <https://www.facebook.com/tthacare/> You are also welcome to drop off letters, and packages to stay in touch!

We continue to encourage families to follow government guidelines with regards to their own family's health management, this is a rapidly changing landscape and we expect to be providing you with further updates as soon as is practical.



You may have noticed the builder's fencing on the north and east sides of the Sarona building have been removed to reveal a lovely grassed area under the oak trees. We would like to offer families the opportunity to sponsor a memorial park bench to be located under the trees. The bench would include a small concrete pad, seat and memorial plaque. Each seat costs \$2500 (that includes the bench, and plaque. TTHA will lay a number of small concrete pads on which the seats will be located). Please note that donations to TTHA are fully tax deductible. We have approximately nine idyllic locations we would like to offer, if you are interested in purchasing a bench or would like to discuss further, please contact Anna McCandless, [anna.m@ttha.org.au](mailto:anna.m@ttha.org.au). If you are interested, we encourage you to contact us as soon as possible as there are only two benches left for purchase. If you or a family member would be interested in purchasing one of these memorial benches, please see page 16 of this newsletter for further information. This is a wonderful way to celebrate family and remember loved ones for years to come.



## TTHA WINTER NEWSLETTER 2020

Our Lifestyle has calendar and seen significant change recently and this has encouraged a lot of creativity on how we can interact and stay connected. FaceTime, Zoom and Skype meetings are bringing a lot of pleasure to both residents and families. To see a smile on a resident's face during these trying times is all one needs to feel confident we can get through this together. Families can book in a video call with their loved one by contacting our Lifestyle team on 8720 1333 or email Sam, [sam.singh@ttha.org.au](mailto:sam.singh@ttha.org.au).



As our group happy hours are no longer permitted, our lifestyle team have been spreading the love through one-on-one happy hour which residents are just adoring. A glass of beer or wine paired with some freshly cooked nibbles from the kitchen is just the ticket to relax a Friday afternoon away.



As another wonderful and exciting season begins we would like to invite you to come in and talk to us about your own or a loved one's aged care requirements. If you or a loved one



want to stay at home longer and need some extra support, why not give our Home Care team a call and see how we can help you. It might be gardening, cleaning, personal care, medication management or social and emotional support which you need assistance with and our team is there to assist you and guide you through the process. Our very experienced staff are there to answer all of your questions and assist you along the journey. If you would like to make a Home Care inquiry or for any of the services TTHA provides please contact us on (03) 8720 1333 or visit our website ([www.ttha.org.au](http://www.ttha.org.au)).



**Stay safe and warm this winter season!**  
**Eva Simo CEO**



## TTHA WINTER NEWSLETTER 2020

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### QUOTE OF THE SEASON



### WORK WITH US

Are you seeking a long and rewarding career within a caring organisation? Are you passionate about aged care? TTHA is currently looking for enthusiastic Registered Nurses, PCAs and Community Care Support workers. If this sounds like you, please send your resume to [careers@ttha.org.au](mailto:careers@ttha.org.au)



### EMPLOYEE OF THE MONTH



Isabel Sutton - February



Melissa Andaloro - March



Dimmy Cachia - April



### CLINICAL UPDATE



Hi everyone, it's great to have this opportunity to communicate with you during these uncertain times. Due to COVID19, restrictions have had to be put in place as per the guidelines provided by the Department of

Health and the Aged Care Quality and Safety Commission.

As of 1st May we require all visitors entering the home to provide a copy of proof of flu vaccination *"Approved providers should seek appropriate evidence of immunisation status from individuals seeking to enter the service. Appropriate evidence may be a statement or record from a health practitioner; or an immunisation history statement available from Medicare online."* TTHA is required to keep a copy of 'proof of vaccination' and *"State and territory law enforcement agencies will enforce these directions. Persons who fail to comply with any of the directions could face penalties including fines for individuals and for bodies corporate."*

We would like to ask all visitors to ensure they **contact us to arrange their visits** (especially after hours and on the weekends). TTHA needs to ensure proof of vaccinations, to ensure visits are "short" periods and that visitors DO NOT visit in communal areas as per the Department of Health regulations.

We are sending communication to families via email during these times, so if any family members would like to register their email with us please the care team or reception.

A 'Visitor Access Code' has been released by aged care peaks and consumer advocacy organisations which ensures a nationally consistent visitation policy to residential aged care homes during the COVID-19 crisis. This aims to apply a compassionate and consistent visitor policy that continues to minimise the risk of COVID-19 while maintaining the mental health and well being of residents.

We are very excited here as of 1st May all residents have now moved from Tabulam & Altersheim into their new rooms. Residents are using the new dining and lounge/reading areas with 1.5 m social distancing.

At TTHA we have worked hard to ensure adequate PPE (personal protective equipment) is in place, and we are well prepared in case of an unwanted outbreak. All staff have undergone compulsory COVID19 training by the Department of Health.

All staff and visitors to the home will have their temperatures monitored to ensure the safety of our residents. We ask that visitors be patient and comply with 1.5 m physical distancing when waiting to have their screening at reception prior to entry.

If there is anything we can do to help you or your family during these uncertain times, please let us know. Stay safe everyone!

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

A stylized, handwritten signature in green ink, likely belonging to Sara Rupenovic, the Director of Care.

## LIFESTYLE UPDATE

### Pizza Lunch



In February, our residents were overjoyed to catch up and enjoy one of our cultural lunches in our light filled sunroom. These lunches are a real favourite amongst residents as it's chance to catch up with friends, enjoy a delicious feast paired with a wine or a beer.

### Bus Outing to St Kilda Beach



The beautiful sunshine of February provided many opportunities for our Lifestyle team to venture out with residents into the great outdoors and enjoy the sunshine. A visit to St Kilda beach for a picnic was just the ticket. Residents enjoyed walking up and down the pier, along the beach and delighted in a delicious picnic lunch while watching the waves crash on the shore.

### Bus Outing to St Kilda Beach



An outing with friends to a lovely location is simply good for the soul. A recent trip to the Healesville Sanctuary was just this, wandering around the grounds engaging with the animal life. A highlight for all were the close encounters they had with the wildlife and the delectable picnic lunch in the sunshine. The day was complete with a scenic drive home.

### Pet Therapy with Malibu



Our animal therapy pony visits are a pure joy for our residents, a visit they really look forward to it. Malibu the therapeutic pony and his owner Lou visit our home on a monthly basis and just love bringing so much happiness and big smiles to our residents. Thank you to Malibu and Lou, we look forward to your next visit.



### Valentines Happy Hour with Lesley and Ray



February also saw us celebrating Valentine's day which was such a treat for residents. Everyone was spoilt with some delicious cakes, slices and sweet treats, stunning red and pink decorations and were entertained by the wonderful duet of Lesley and Ray. Thank you both for another wonderful visit, hope to see you again soon!

### Mens Group Visit to The Australian Rainbow Trout Farm



Our mens group were delighted with their visit to the Australian Rainbow Trout Farm in Macclesfield. Our group were excited to fish in the ponds and catch 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 beer.

### Blue Lotus Water Gardens



What a stunning place the Blue Lotus Water Gardens are in Yarra Junction. Residents enjoyed a picnic lunch in the beautiful gardens after walking around the site and relishing in the fresh air and sunshine.

### International Womens Day High Tea



We celebrated International Women's Day on Tuesday 10th March. Residents celebrated women from all around the globe with a delicious high tea including dainty treats, feminine decorations and fabulous company. Thank you to our Lifestyle team who arranged another wonderful get together.



### Mobile Happy Hour



The creativity we have seen during these uncertain times has been magnificent! Well done to our Lifestyle team who are doing their best to keep our residents routine as normal as possible. Our group happy hour, due to social distancing measures can not go ahead at this time. However, this did not stop our Lifestyle team, using appropriate social distancing measures to take happy hour to our residents' rooms. Residents were offered a beer, wine or lemonade paired with some freshly cooked nuggets. What a wonderful display in ingenuity! Keep up the great work team!

### Companionship Visits

During these uncertain and isolating times we have not been able to gather for our large group activities. So our one-on-one time has never been more important. Our Lifestyle team has been so creative with ideas on how to keep residents engaged and involved. These visits include board games, manicures, walks, sitting in the gardens and lots more. Here are some photos from our wonderful one-on-one time.





### Companionship Visits



To get into the Easter spirit, residents created beautiful Easter bunnies for their doors. Residents selected their favourite colours for their displays and enjoyed assisting staff in putting them up.

### Easter Bunny Visits



Easter celebrations were complete last week with an exciting visit from the Easter bunny. Residents were delighted with this unexpected visit, hopping Easter cheer throughout the whole facility. We hope your Easter was as joyous and full of chocolate as ours was!

### Hot Cross Bun Afternoon Tea



Once again a HUGE thank you to Bakers Delight Boronia Junction who donated our hot cross buns for our Easter afternoon tea. Year after year they come onboard to support TTHA and its residents and provide delicious buns for all to enjoy. Such a treat, especially when toasted and covered in lashings of butter.

### Skype & FaceTime Calls



Residents are staying connected with families and loved ones through Skype and FaceTime sessions. We invite you to book in a Skype or FaceTime session with our Lifestyle team. To arrange a session, please email Sam, our Lifestyle Manager on [sam.singh@ttha.org.au](mailto:sam.singh@ttha.org.au).

### Sam & The Lifestyle Team





### KITCHEN UPDATE

Greetings from the kitchen, we are excited to announce that we have started our new winter menu! This is perfect timing, as the weather has become a lot colder of late and there are some very warming winter dishes for all pallets to enjoy. This menu includes lots of slow cooked meats, home made cabbage rolls, spätzle, seasonal vegetables and lots of green leafy vegetables to keep residents nice and healthy and with full warm bellies.

The kitchen team has been busy as usual preparing the nutritional meals for our residents as well as settling into our new routines with the opening of the new building and warming kitchens. The new building is wonderful and we are looking forward to opening up the new kitchenettes and preparing meals in the new dining rooms once all of the restrictions are lifted.

This menu sees many new dishes while keeping the favourites residents love. This menu includes some highlights such as home made cabbage rolls and a traditional sauerbraten. Sauerbraten is a beef brisket that has been pickled for five days before being cooked, making it extra tender, zesty and of course super tasty.

Desserts are my favourite, in this menu, please look out for the delicious black forest cake with whipped cream and rice pudding with a warm blackberry sauce, delicious!

I hope you enjoy the new menu, I'm looking forward to hearing your feedback, so please keep it coming.

**Tim & The Kitchen Team**



**Home Made Cabbage Rolls**



**Traditional Sauerbraten - Pickled Beef Roast**



**Black Forest Cake with Whipped Cream**



**Rice Pudding with a Warm Blackberry Sauce**



### SOCIAL SUPPORT GROUP

As the weather gets cooler and we head into autumn, the sunshine has started to snooze more often and the much needed rain is making sure we have plenty of water for our thirsty gardens! The trees are looking really beautiful with their changing colours and the world around us looks like it always has...



However, the extraordinary circumstances around the COVID-19 pandemic, has made our world and our lives look quite different. We have had to think creatively and make decisions based on the safety of everyone's health and wellbeing.



Even though our outings have had to pause since mid March, we have been busy calling all of our group participants to check in. Also making activity packs for home entertainment, assisting consumers with shopping, supplying care packs, individual social support and of course the never ending

administration work involved in keeping our program running. The last few outings we enjoyed were to the Yarra Valley, McClelland Gallery, Burwood Bricks Rooftop Café, Mornington, Frankston and Ricketts Point, where we enjoyed the sunshine and lovely weather of summer. We are waiting patiently for when we can visit them again soon.



We have also managed to start a Friday group which we hope to continue once we start our outings again.



In the meantime, if anyone would like to receive an activity pack or join one of our outings groups when they start again, please contact the Community Care office on 8720 1338.

**Susi Richter & The SSG Team**





### ACCENT HOME CARE

We are excited to announce that our Community Care team has moved into the new building from 13th May. We are looking forward to working with our other team members of TTHA on the same floor, and continue to launch of our new model of care "Shine". Due to physical/ social distancing, there is no team photo to share this time. However, Susi is very creative and digitally created the below group photo. We hope you enjoy it : )



Michaela has been running myotherapy and massage at TTHA for the last 13 years. From 6th May, she will start her services at a new location, 25/200 Canterbury Road (turn into Bayfield Road), Bayswater North 3153. She would like to take this opportunity to thank everyone who has supported her over the years. She would love to see you again at her new office. Please make an appointment in advance. Her contact details stay the same. Email: [michaela.zim@hotmail.com](mailto:michaela.zim@hotmail.com)

In February, we ran an information session at the TSA hall around Home Care Packages, private home care services and the social support group. There were around 40 people in attendance, and they found the session extremely helpful.



When COVID-19 is over, we plan to run regular information sessions to share more information with the community.

Below are the Home Care package annual subsidies, by package level from 1 July 2019 to 30 June 2020:

1	Basic care needs	\$8,810
2	Low level care needs	\$15,500
3	Intermediate care needs	\$33,731
4	High level care needs	\$51,130

Currently the wait time for Home Care Package is around 6 months for level 1 and 12+ months for Level 2, 3 & 4.



If you, or a loved one, have recently been assessed for a home care package, please feel free to contact us on 8720 1338 during office hours 9 am – 5 pm Monday to Friday or email [homecare@accenthomecare.org.au](mailto:homecare@accenthomecare.org.au).

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







Join us for  
a virtual  
tour



#### Join us for a Virtual Tour of our New Building

Situated amongst beautiful trees, with beautiful views of the Dandenong Ranges, TTHA's new Sarona building boasts luxury living at its finest. Showcasing two opulent and spacious living and dining environments, four levels of spacious rooms with spectacular views this new building is sure to impress. We welcome you on a virtual tour of our Sarona building and welcome your inquiry on [8720 1333](tel:87201333).

[Launch Virtual Tour](#)

## VIRTUAL TOUR LIVE

[www.ttha.org.au](http://www.ttha.org.au)

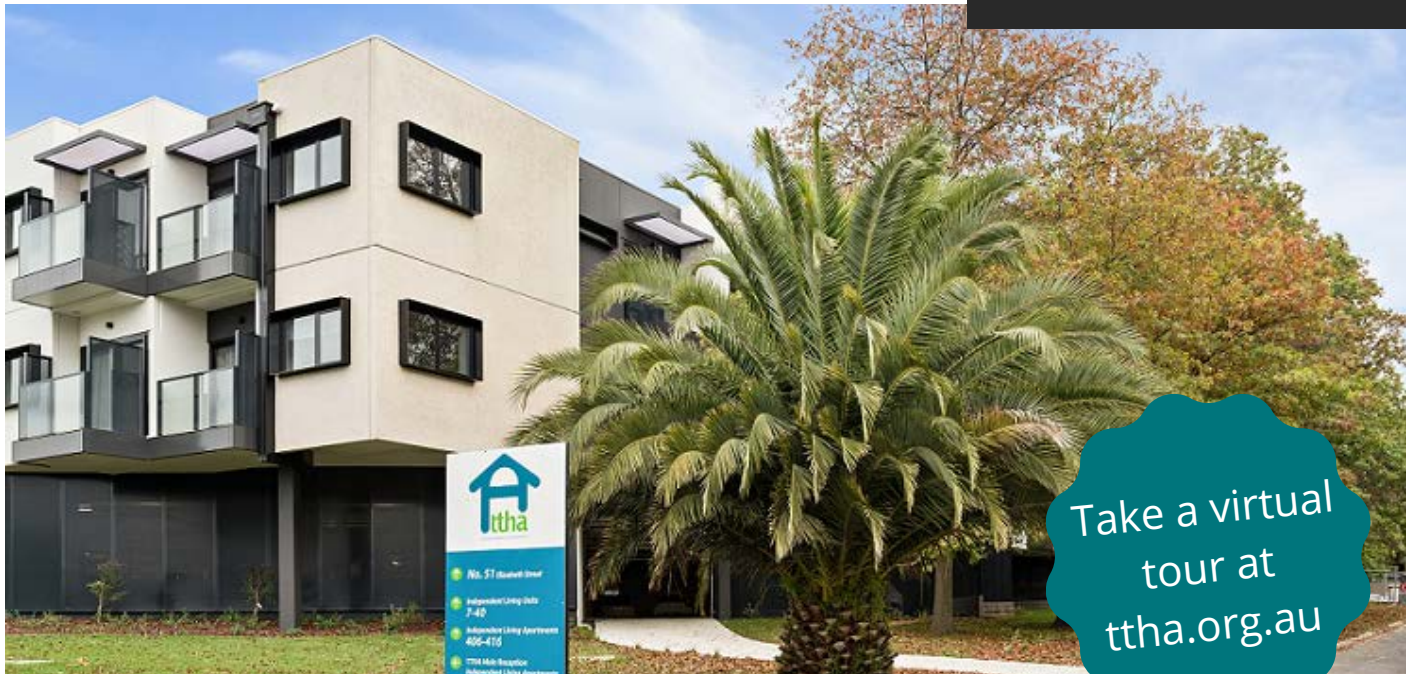
This impressive and contemporary residential aged care home features luxury living at its finest. Spacious bedrooms with a sunny outlook to the oak trees and Dandenong ranges beyond. The opulent open plan dining and living areas opens onto a large private balcony catching the beautiful afternoon sun. Rooms are filling fast so we encourage you to take a virtual tour online at [ttha.org.au](http://ttha.org.au) or call to make an appointment on 8720 1333.



TTHA - 31 - 41 Elizabeth ST, Bayswater Vic 3153 E: [ttha@ttha.org.au](mailto:ttha@ttha.org.au) P: 8720 1333

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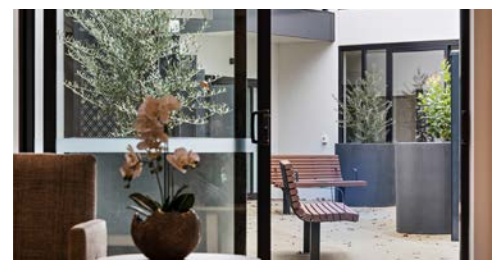
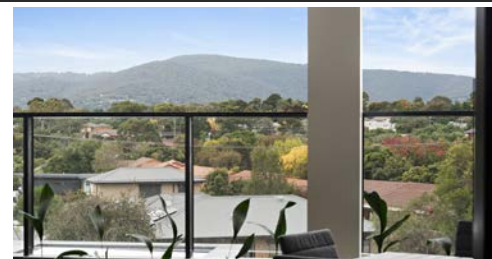
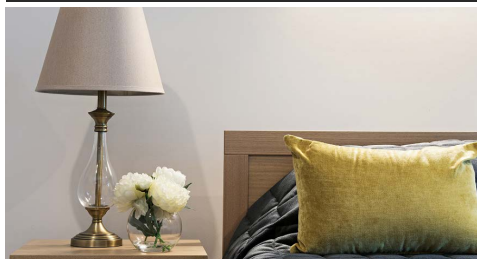
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TABULAM AND TEMPLER HOMES FOR THE AGED INC.

## ***A MEMORIAL BENCH UNDER THE OAK TREES***

TTHA IS OFFERING FAMILIES TO PURCHASE A MEMORIAL BENCH UNDER  
OUR OAK TREES IN MEMORY OF A LOVED ONE OR FAMILY NAME.



### ***LEAVE A LASTING MEMORY IN HONOUR OF A LOVED ONE***

TTHA would like to offer families the opportunity to sponsor a memorial park bench to be located under our stunning Oak trees. These memorial bench seats are \$2500 all-inclusive of bench, plaque and concrete pad.

TTHA will lay a number of small concrete pads under the Oak trees on which the seats will be located. There will be approximately eight locations which families can choose from, all with a stunning outlook.

Please note that all donations to TTHA are tax deductible and donation receipts will be issued to those who take up this offer.

Spaces are limited so please enquire today! Any questions or queries should be directed to Anna McCandless Marketing & Fundraising Coordinator at TTHA, E: [anna.m@ttha.org.au](mailto:anna.m@ttha.org.au)

#### ***YOUR DONATION INCLUDES:***

A BEAUTIFUL BENCH SEAT  
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### 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](mailto:ttha@ttha.org.au)

## Make a Difference – Leave a gift in your Will.

A bequest is a gift made as part of your Will. It can be money, shares, property or other valuable items. In addition to leaving a gift in your Will to family and other loved ones, we invite you to consider a gift to TTHA in your Will. With a legacy donation you will pass on a helping hand to the residents of TTHA who need it most. Your bequest will make an unforgettable difference to our facility, ensuring you enrich the lives of those living at TTHA. We welcome the opportunity to discuss how your financial support can make a difference to TTHA and how you wish to be remembered.