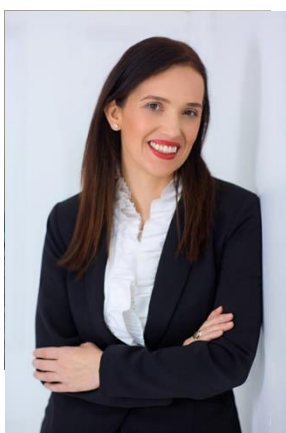




A MESSAGE FROM THE CEO



With the beautiful long Summer nights and hot weather it's hard to believe that we are nearly at the end of 2018. Christmas will be here before we know it and we will be enjoying the festivities with our

family and friends while over indulging in all the delicious Christmas fare. As we reflect on another year we realise how much we have all achieved together. We're extremely grateful to our staff, volunteers, residents and their representatives, families and local community for their never-ending support in making 2018 such a memorable year.

What a magnificent year our independent living units and residents have had enjoying some fantastic events and entertainment.

Most recently, our annual TTHA 'Weihnachtsmarkt' German Christmas Market was held on Sunday 25th November. It was indeed a fantastic day for everyone involved with more than 4000 visitors exploring all of the wonderful

stalls! With over 60 stalls and a variety of unique and handcrafted Christmas items our visitors were treated to a smorgasbord of delights with great food, entertainment and a great array of activities for the kids.

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



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 for sponsoring the Biergarten marquee; and many other great sponsors,

including: Rosier Real Estate, BidFoods, Bunnings Bayswater, Haar Nursery, Alan Tudge MP; Allison Monkhouse; The Professionals; amongst many others.

We're also very grateful to our market stallholders for donating items for our raffle and we encourage you to pop by and purchase a raffle ticket from reception. Prizes include an outdoor gas BBQ, a TV and over 20 hampers with great products and vouchers that will be drawn on 19th of December.

As we continue our Christmas celebrations be sure to drop by Tempting Treats 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! It's also a great space to have a family gathering or social group, so come in talk to us about your needs and how we can cater a menu to suit your group.



Our Oktoberfest celebration this year was also a great opportunity to enjoy some

delicious traditional German fare and entertainment. What a wonderful display of German culture which everyone enjoyed. 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.



November is also cause for celebration with Cup Day and 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 RSL members in our dining room on 9th November where residents and their representatives gathered to remember those who gave so much. We thank Noel from the Bayswater RSL who led us in our service. It was a wonderful opportunity for everyone to remember those we have lost and to share their stories.

Whilst we love our food, outings and

celebrations we also must address the more formal activities also. During November we held our Independent Living Units' and Residents and Representatives' meetings. These meetings are held regularly 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 a very busy spring drew to a close with all sorts of other activities including pet therapy sessions, residents' outings and many choirs, plans for December are certainly well underway and it's going to be a busy month!

We'll be celebrating St Nicholas Day on 6th of December where once again we'll be decorating our home, we will host a German Christmas choir and serving up cuisine to match! Our Volunteers are so greatly appreciated and we'll all get together for a lunch on 5th 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 you. Please get in touch with us to register your attendance.

Friday 7th December we will welcome back Senior Styles for some in-house shopping which is always very popular. 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 Thursday 20th December with happy hour.

As the festive season approaches it may be time to reflect on your own or a loved ones 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. Our very experience 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).

As another wonderful and successful year draws to a close I would like to take this opportunity to 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



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QUOTE OF THE SEASON



EMPLOYEE OF THE MONTH

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



Craig Fitch - September



Sally Dickson - October

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



Well summer is here, the days are lovely and long and we are enjoying the warmer weather! With a new season we also have some great achievements at TTHA, with more wonderful things on the horizon.

At the beginning of July we have had 12 personal carers and 2 Lifestyle staff complete a medication course. This means that our residents can be assisted with their medications while on lifestyle outings and that residents can be assisted by the regular staff who know them and their routines. Medication assistance in Tabulam where possible, will be with a Medication Endorsed PCA under the supervision of registered nurses.

In August 2018, TTHA in partnership with Dementia Australia started the Birch Pathway, with the aim of working towards a sustainable, exemplary person-centred care for our residents. Since then, we have put together the Birch leadership team consisting of staff from all areas of the home. The leadership team have so far had two meetings and begun their projects around purposeful lifestyle activities, dining room experience and building relationships through communication. The group is excited and are seeking valuable advice and feedback from all residents, representatives and their colleagues about how we can achieve these projects.



Birch Pathway Leadership Team

More exciting news recently, as I'm excited to announce 5 new OH&S representatives for TTHA; Michael Toohey, Babu Elangovan, Greig Joshua, Monique Davidson and Dimmy Cachia. We have started having OH&S committee meetings with our wonderful new representatives to ensure all hazards are minimised and we have a safe environment at TTHA for all residents, staff and visitors.

As of 1st July 2019, The Australian Aged Care Quality agency are introducing a new set of standards into aged care. We are very excited about the new standards as they focus more on consumer outcome and are very person-centred.

As Helen Povall has sadly resigned from the position of Quality Coordinator so we are actively working towards recruiting a new Quality Coordinator who can assist us with updating our policies and procedures. Merry Christmas Everyone!

Sara Jahanara
Director of Care



LIFESTYLE

Tempting Treats Café Grand Opening

Tempting Treats Cafe grand opening was the 7th of August, where we were lucky to have Jake Keogh, Mayor of the Knox City Council to inaugurate the café along with Eva Simo and Paul English. We had plenty of residents and staff who were excited to visit the café and have cake and a cuppa. Our Café now runs 7 days a week with a wide selection of cakes, biscuit's delicious coffee and sandwiches. Come in and visit us soon!



Indian Cultural Day

Indian Cultural Day was celebrated on the 10th of August in the main dining room along with happy hour. A wide array of Indian food was served and the dining room was decorated with vibrant Indian colours. We were also lucky to have an electrifying Bollywood dance performance to entertain residents.



Pub Lunch Outing

On the 17th August, residents went to the Manhattan Pub for a lunch outing. Residents enjoyed the sumptuous buffet with a glass of wine and the selection on offer was delectable. Some of the residents met a few of their friends and had a chance to socialise over a drink.



Father's Day

On the 30th August we celebrated father's day at TTHA. Our entertainer, Douglas gave a splendid performance. On 2nd September all of the fathers received a surprise gift along with their breakfast tray. Each and every father here on father's day felt very special and enjoyed being spoilt.



Lunch Outing

Residents loved their picnic lunch outing to Studley Park on the 7th September. Some of the residents relaxed whilst others helped with the sausage sizzle. Later on, residents went to the café for a cuppa and enjoyed beautiful views of the Yarra River and surrounds. The weather was perfect to sit in the sun and chat with friends.



Garden World

On the 14th September residents enjoyed their visit to Garden World in Braeside. They were happy to walk around the nursery and many enjoyed purchasing some cacti to take home. After the walk around, residents visited the café and enjoyed sandwiches and a coffee. As it was a hot day, on the way home we made a pit stop at McDonald's for ice-cream.



Moonlit Sanctuary Park

Residents were looking forward to their visit to the Moonlit Sanctuary and Wildlife Conservation Park on the 21st September. Residents were content to wander around the park relishing in the various bird varieties, kangaroos and koalas. A highlight was hand feeding the kangaroos and wallabies who roam free on the property. Upon leaving, many purchased some lovely keepsakes to take home.



Arm Chair Travel

On the 24th September Lottie and John, two residents from our ILUs gave TTHA residents a presentation on their recent travel to Europe and the Middle East. The residents relished in their stories, photos and the description of the wonderful experience they had. Thank you Lottie and John for a wonderful presentation!



AFL Grand Final

AFL Grand Final celebrations were held on 27th September in the main dining room. Footy songs could be heard all down the halls of TTHA with our wonderful live entertainer. Later on, our footy tipping winners were announced. Staff winners; 1st place was Tim and Craig, 2nd place was Andrew and 3rd place Prakash Lama. Residents winners; 1st Place was Helga Sawatzky, 2nd place William Sawatzky and Rudolph Rabel and 3rd place was Elisabeth Wagner.



Sorrento Ferry Trip

As part of the Seniors Festival, residents had a fabulous time on the Ferry from Sorrento to Queenscliff on 2nd October. The weather was perfect for a stop at the Rye Foreshore for a BBQ lunch and then we all headed off to Sorrento. The view from all areas was enjoyed on our return with a coffee and cake.



Tulip Festival

Our residents had a splendid spring afternoon at the Tesselaar Tulip Festival on 5th October. Residents were treated to a trip on the tractor- train which toured around the gardens displaying tulips all colours of the rainbow. Residents then retired to the marquees where they enjoyed lunch and live music.



Oktoberfest

Oktoberfest was celebrated at TTHA on the 11th October with an array of German food and drinks. Staff and volunteers were dressed in traditional Bavarian Lederhosen and Dirndl costumes as they served the residents refreshments. German music was performed by Pastor Christoph and Joe Parks who played the accordion and sang to our residents delight. All voices joined in together for their favorite songs.



Yarra Valley Chocolaterie

Ice creams and chocolates are the best treat combination, so our residents were eager to visit Yarra Valley Chocolaterie and Ice Creamery on the 12th October. Residents were overjoyed upon entry as we received hot chocolate and scones, followed by chocolate and ice cream tastings. Later on, there was a live demonstration on chocolate making and more delicious sampling once again. It surely was a chocolate overload!!!



Werribee Zoo

All of our residents are animal lovers and were enthusiastic to visit Werribee Zoo on the 19th October. A picnic lunch was packed and we headed off for the long drive to Werribee Zoo. After lunch we toured around the grasslands in our very own safari bus for our upfront and personal experience with all the animals. The favorites for the day were the giraffes, rhinos and wild cats!



Karralyka Centre

On 16th October we visited the Karralyka Centre for The Dolly Diamond show, again part of the Senior's Festival. The residents relished in the music and comedy elements of the show, which was quite hilarious. Overall it was an entertaining day for the residents.



Sound of Music Show

The Sound of Music tribute show on the 24th October was another splendid musical performance. The residents sang along and enjoyed every minute of the performance. One of our residents was lucky enough to be invited to the stage to dance along with the performers.



U3A Choir

U3A Nunawading Choir visited the facility and entertained the residents on the 25th October. Residents sang along and swayed to the melodies. After the show the choir members had a meet and greet with our residents, the connections which were made were truly magical.



BBQ Outing Arthurs Seat

On the 26th October, we enjoyed a BBQ lunch at Arthur's Seat. Residents loved the spectacular views of the bay area from our picnic area and enjoyed taking photos. Lunch was a delicious combination of lamb kebabs and sausages with a glass of wine at the summit. Proceeding lunch we had a scenic drive past the Enchanting Garden, Charlies Auto Museum and Austplant Nursery & Gardens.



MONTHLY ACTIVITIES

Bus outings are every Monday, Wednesday and Friday, one for Tabulam residents and one for all other residents.

Pet Therapy is organised with Pam every Wednesday in Tabulam.

The Theatre room experience is held every Tuesday and Wednesday with one special German movie night per month.

PARO visits every day and on request

Happy hour is every Thursday

Gentle Exercises and Tai chi are also held every Tuesday and Thursday.

For more information or to get involved in the lifestyle program contact Sam Singh

E: sam.singh@ttha.org.au

M: 0430 494 169

Sam & The Lifestyle team



SENSATIONAL SUMMER MENU

Summer is here and our kitchen has been busily preparing some delicious new dishes for our summer menu. We're keeping the favourites, while adding new seasonal dishes to enjoy. Here's a taste of what we are highlighting this season:



Dukkha spiced fried calamari, fresh coleslaw & sweet potato chips



Mixed berries & cream served with a meringue



Paprika dusted salmon, traditional German potato salad, asparagus & hollandaise sauce



Mandarin baked cheesecake served with whipped cream

TEMPTING TREATS CAFE

Tempting Treats Café is open 7 days, 10am to 4pm. Please come in and visit us, pick up your loyalty card and delight in our delicious traditional German cakes and treats. **We are currently looking for volunteers for our café. If you would like to volunteer, please contact reception on 8720 1333.**



SOCIAL SUPPORT GROUP

After the more unsettled and wet days of spring, our groups are now looking forward to being outdoors again on warmer summer days.



Mornington and Frankston overlooking the water, have been very popular destinations. We love wandering along the pier and foreshore in the first beautiful sunny days which have been welcomed by all groups.



We visited a newly opened café, 'Aumanns at Warrandyte', with its extensive continental deli, organic groceries and fresh produce where everyone picked up a delicious morsel or two. Other favourite trips have been to Gardenworld and Kuranga Nurseries where we wandered through the luscious plants; Berwick where we enjoyed some delicious Swiss meals and Cranbourne

Gardens to admire the amazing Australian garden tour. We were also treated to a delicious three course meal at Fountains TAFE Restaurant in Box Hill where we all felt very spoilt.



Our most exciting outing however, was a trip on the Melbourne Star Observation Wheel at Docklands! This provided us with wonderful views of Melbourne and the Docklands and was so enjoyed by all.



If anyone would like to join or just come along to try out our Social Support Group, we have some vacant places in our Thursday Group. Please contact the Community Care office on 8720 1338.

Susi Richter & SSG Team



TTHA AT HOME

"Today I close the door to the past, open the door to the future, take a deep breath, step on through and start a new chapter in my life."

With these words I would like to start off my last newsletter contribution and thank all the management team, staff, colleagues, the board, our volunteers, residents, clients and their families/carers and mostly my immediate team. Thank you all for all of the support that you have given me over my past 10 years at TTHA.

As I will be moving onto a new chapter of my life in December, I am very grateful for the experience and knowledge I have gained here. I started in the Social Support Group as a HACC Coordinator and then worked my way up to become the Community Services Manager which has been a wonderful learning curve.

TTHA is a community orientated organisation and that is what I loved most about it. It really feels like we are part of a family rather than an organisation and I'm sure that everyone would agree with me. I will truly miss each and every one of you and if I have not had the chance to say my personal goodbyes, we may meet again.

I would also like to remind you all that TTHA at Home is on the exciting journey of rebranding to Accent Home Care! This is an exciting time for our Home Care team, as we move to become more inclusive to all diverse people, so please watch this space more information in early 2019.

As for an update on home care, we are still finding that there are not enough home care packages being released, we have however seen some clients being upgraded over the last two months which is fantastic news.

The overall process by the Aged Care Assessment Team has become more stringent of late. So if you are thinking of obtaining help through either a government funded or non-government funded service provider, please contact our office for some advice.

We are still located in the offices' downstairs from Warrina, however access is now via the main reception area. You can also call us on 8720 1338 or email us on homecare@ttha.org.au if you have any questions.

As we are heading into the warmer summer season my usual reminder to you would be to please ensure that your smoke detectors have been serviced. Please also make sure you keep yourself hydrated and if you are living in a fire prone zone have your fire plan ready.

Wishing you all a very Merry Christmas season and a happy new year.

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



TTHA ILU ACTIVITIES

Our Independent Living Unit (ILU) committee has been enjoying getting together and planning some exciting events for the ILU community. Four residents of the ILU's and Jenny Peacock, our Client Liaison Officer form the committee and meetings and events have been very successful. The committee meets once a month to discuss possible activities, to plan and ensure they include all who wish to attend.

Activities are currently once a month and the group also hosts regular 'drinks and nibbles', 'kaffeklatch' and morning melodies which are very popular.

Recently the group had a wonderful outing to the Australian Rainbow Trout Farm in Macclesfield. 17 residents from the ILU community attended and it was certainly fish and chips for dinner for all! The weather could not have been better and a delicious sausage sizzle followed. The laughs and enjoyment were a plenty!



Ziebell's Farmhouse was another very exciting outing that the group thoroughly loved.



The highlight of the visit was the tour around the farmhouse, outbuildings and garden. Such a picturesque location with beautiful areas to enjoy. Lunch followed, at Milano's which was a delicious way to conclude the day.



There are two exciting events coming up for the ILU residents. A visit to Garden World including a light lunch as well as a visit to The Austrian Club which will include a two course lunch and entertainment. Both events are sure to be filled with a lot of fun, so if you would like to be involved, contact the team.

If you or your loved one would like to be involved in any of these ILU activities or groups, please speak to Jenny Peacock or phone (03) 8720 1333.



OUR NEW OH&S REPRESENTATIVES

We have some fresh OH&S representatives here at TTHA. These wonderful people will ensure that our facility is as safe as it possibly can be for all residents, staff and visitors. Please speak to any one of these employees if you have any questions or concerns in regards to OH&S.



**Dimmy Cachia – A
Personal
Care Attendant**



**Monique Davidson – An
Enrolled Nurse**



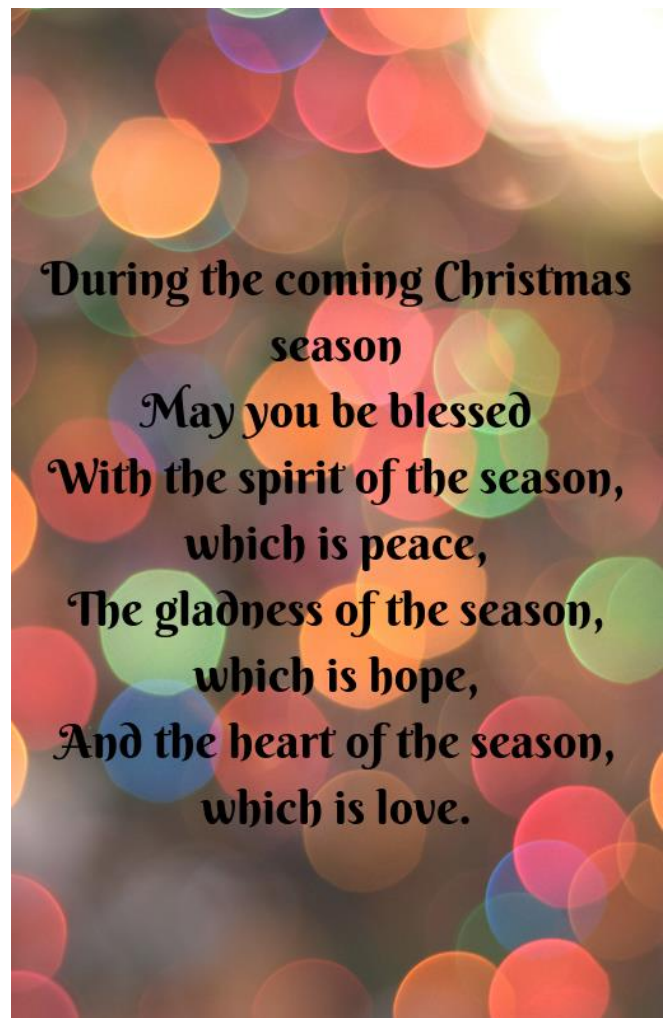
**Michael Toohey – Our HR
Coordinator**



**Babu Elangovan – Second
Chef**



**Greig Joshua – A member
of our Lifestyle team**



Summer Lifestyle Events

German 'Evergreen' Choir

6th December - Main Dining Room

Senior Styles

IN-HOUSE SHOPPING
7TH DECEMBER









TTHA RAFFLE

Outdoor Gas BBQ, Phillips - 22" TV, Sovereign Hill Family Pass, Vouchers for Penguin Parade, Museums & Movie Passes, Pamper Packs, Food, Wine, Movie Passes & more!

Prizes generously donated by:

39 Degrees
Adventure Park
Alan Tudge
Annemarie Fields
Attipas Wantirna
Bendigo Bank Bayswater
Bojangles Jewellery
Bunnings Bayswater
Cherry Hill Tavern
Club Kilsyth
Crystallisation
Deanna Roberts
Fabric Maze
Glenda McRae
Hepburn Springs
Hoyts Eastland
Jenny Connor
Lilydale Squash & Fitness Centre
Manhattan Hotel
Margaret DeBono
Maroondah Leisure
Marilyn DiNicolantonicz
Melbourne Cricket Ground
Melbourne Museum
Metro Cinemas
Michaela Zimmermann

Mitcham Hotel
Moonee Valley Racecourse
Muddy Frog Pottery
Nola Paten
Old England Hotel
Old Melbourne Gaol
Pamela Damm
Pancake Parlour
Phillip Island Nature Parks
Picaninny Wines
Puffing Billy Railway
Rosier Real Estate
SB Designs
Sherlock Designs
Soap for Skin
Sovereign Hill
Surreal Property Group
Thai Tables
The Professionals
Trudy Herrmann
Warbotanicals
Yarra Mist
Zagames Boronia
Ziel Essence

Tickets \$2 or 3 for \$5

Tickets at Reception

Draw: 19th December 2.30pm

TOGETHER WE CAN MAKE A DIFFERENCE



ACT NOW! Make a Difference – Donate to our building project today!

I would love to become part of the TTHA Community and make a huge difference to the lives of others.

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

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

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

Your donations will greatly contribute towards TTHA's commitment to improve the lives and wellbeing of our residents through activities, resources and the ongoing development of our facility and services. Your contribution *will* make a difference.

Mr./Mrs./Miss/Other _____ Name _____

Address _____

Suburb _____ State _____ Postcode _____

Phone _____ Email _____

Confidentiality and Privacy: TTHA respects your privacy. By providing your email address you will automatically be added to our Newsletter distribution list. If you prefer not to receive our communications, please unsubscribe. We keep your bank account details confidential.

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Email: ttha@ttha.org.au



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Aged Care

Retirement
Living

Home
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