



# Lutheran Homes Barossa

## TIT TAT

March 2025



Photo Location: Barossa Valley, South Australia



### Message from the Chaplain - Ian Lutze



#### *Wisdom of the Elders*



In a 'loving Christian home', as we claim to be, it makes sense that you'd find people reading and studying the Christian Scriptures (the Bible) on a regular basis. This happens on an individual level as people do their own private Bible reading. We'd like to also provide this opportunity in a group setting for people.

Thus the re-launch of 'Wisdom of the Elders' – an activity that happened regularly before Covid changed things. Wisdom of the Elders is happening on the last Friday of the month in the Chapel at 10.30. We'll meet twice in May (2<sup>nd</sup> as well in lieu of Anzac Day).

Part of my inspiration for this came from reading the biography of Dietrich Bonhoeffer, the German theologian and pastor murdered by Hitler in 1945. People studied the Bible in his day, but usually just as an interesting historical document. Bonhoeffer helped reinstate the idea that God actually speaks to us through the Bible. The Bible is God's 'love letter'.

Wow, imagine the Creator speaking words of Love to us through a written book! That's the hope of Bible Study. Sometimes it's tricky to find God's voice, and that's where listening together helps. Luther spoke about sometimes having to give a text a good shake to find the loving intent. We can expect some inspiring insights however, and to receive surprising messages and blessings. No spooky voices from 'beyond' of course, but occasionally that feeling that we are on holy ground and it's time to listen.

Everybody's welcome. If it's your thing, or you wonder whether it might be, come along. Independent Living residents are welcome too.

And for everybody else (!) have a wonderful, refreshing, cool, and 'not too mad' March!

The Home is a Christian Community where, in a family environment, Residents and Staff provide mutual care.

Jesus Christ said:

"Love one another as I have loved you"

*John 13:34*



27 Bridge Street, Tanunda SA 5352

- ★ Phone : (08) 8563 7777
- ★ Fax : (08) 8563 7799
- ★ Email : [info@tlhome.com.au](mailto:info@tlhome.com.au)
- ★ Website : [www.tlhome.com.au](http://www.tlhome.com.au)
- ★ Facebook : Lutheran Homes Barossa



**Lutheran Church  
of Australia**

*Welcome*  
**NEW RESIDENTS**

**Respite**

Nola Roesler

**Permanent**

Ron Reed

David Gee

Anna Gee

Pat King

**MARCH BIRTHDAY  
CELEBRATIONS**

**10th** Peggy Guyatt

**18th** Elizabeth Mahoney

**18th** Irene Joppich

**21st** Anne Hoebergen

**23rd** Daphne Gower

**26th** Douglas Paterson

**27th** Fereleth Booth

**31st** Rosaleen Placzek

**31st** John Howlett

**31st** Reg Habermann

**IN LOVING MEMORY OF**

Our deepest sympathy to the families of

*Linda Saegenschmitter* 6th February

*Noeline Smithson* 12th February

*Clair Altus* 21st February

*Coral Kennett* 27th February

*Hartley Hage* 28th February

*May they rest in peace ...*

*An empty lantern provides no  
light. Self-care is the fuel that  
allows your light to shine brightly.*

*You can't cross the sea merely by  
standing and staring at the water.*



Wednesday 5th March  
Wednesday 12th March  
Wednesday 19th March  
Wednesday 26th March

**SHOPPING BUS**



LHB (in home) residents must  
be at reception by 9am.

The Bus will pick **IL Residents**  
up from their home after 9am.

- ONLY if you have booked -

**Adelaide Cup  
Public Holiday**  
MONDAY 10TH MARCH



The Administration Office and Entrance  
will be closed on Monday 10th of March  
due to the Adelaide Cup Public Holiday.

During this time, please enter the  
facility via the Protea/Chapel Entrance.

If you require assistance, please call  
the Registered Nurse on 8563 7712.

# WORDS FROM OUR INTERIM CEO

**Uby Faddoul**



## Your New CEO

By now you may well be aware that the Board of Lutheran Homes Barossa has announced the engagement of Michelle Schupelius as the new Chief Executive Officer. We look forward to having Michelle join our wonderful team, as together we take Lutheran Homes Barossa into an exciting future. As always, the emphasis of our services will be around supporting residents both physically and spiritually and providing a loving Christian community.

I will be around through to the end of April to support the management team and staff in the transition process, and to ensure a comprehensive handover process is undertaken with Michelle.

Michelle may be known to some of you as she resides with her family in Kapunda and is a regular visitor to the Barossa. Her roles over the last 10 years demonstrate a wealth of experience across many aspects of Aged Care.

I won't farewell you yet, there will be time for goodbyes later!

## A Celebration of Innovation and Excellence in Robotics!

Robotics Australia Group launched the Excellence in Robotics Awards 2025

More information can be found on page 11, however I'm pleased to announce **the winner is.... Lutheran Homes Barossa**. We shared the spoils with Advanced Navigation in the **Defense, Emergency Response, and Healthcare Category**. Rachel Strudwick, Executive Operations Manager and Sharon Berridge, Executive Care Manager attended the awards evening in Melbourne and nursed the trophy home to the Barossa! Well done to Rachel, Sharon, and to all the teams who are involved in our robotics program here at Lutheran Homes Barossa – keep up the great work!



## Resident Committees

Over the past weeks, I have had the pleasure of attending the Residents meetings at both the Residential Aged Care Facility and Tanunda Retirement Living. Thank you all for the lovely welcomes, for your hard work, commitment, and passion in assisting us in continuing to be the best we can for our Residents.

I was also able to meet with Mary Sofoclis, Relationships Manager LCA, whilst she was in Adelaide and connect with the CEO and Chair of the Lutheran Homes Group. We are fortunate to have a great network of like-minded people and organisations to collaborate with. Additionally, some of our staff and Board members attending collaboration workshops as organised by Mary whilst in Adelaide. My thanks goes out to Mary and to LCA for their tireless efforts in widespread engagement and collaboration initiatives.

## Final Word

As we embrace and continue our organisation's journey of improvement, we need to appreciate the experiences of the past, embrace the possibilities of today, and create a future where every moment is filled with purpose, joy, and connection.



# QUALITY NEWS

**Sharon Berridge - Executive Care Manager**

**Lisa Morrison - Clinical Nurse Consultant**

**Jess Osborne - Quality Officer**

**Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator**

## HOME UPDATES:

LHB has experienced 0 Covid infections in January and February. The latest update is that there is no longer a need for visitors to complete a Rapid Antigen Test (RAT) before entering the Home. We still ask visitors to please sign in via our Zipline for safety reasons – if we don't know you are here when the alarm sounds, we won't know to look for you to evacuate if necessary.

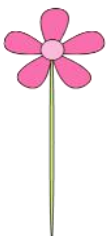
Prevent infections by ensuring you wash your hands with warm water and liquid soap before and after touching people, animals and surfaces that are frequently touched by others. This way you won't catch anything, nor will you spread anything to others.

When visiting residents who are unwell with infections, please follow any Infection Control signage that is present outside the resident's room. This is for yours and others protection from the spread of infection. LHB provides the equipment to protect you such as gowns, masks, gloves and glasses or face shields – please use them as indicated.

## COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

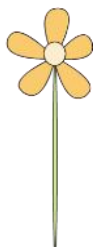
During February, LHB received **COMPLIMENTS** about; Housekeeping x1, Catering / Café x3, Lifestyle / Volunteers x2, LHB x2, Staff x8, CHSP x10

During February, LHB received **COMPLAINTS** about; Clinical x1, Catering x4, Lifestyle / Volunteers x1, Staff x3  
and a total of Suggestions x3.



We value this feedback and thank you for taking the time to communicate your thoughts, opinions and experiences with us.

*HAVE YOU SEEN OUR NEW SYE FORMS?*



# QUALITY NEWS



## Aged Care Quality Standards Update:

Currently all Care Homes in Australia are going through the gradual change to the new Strengthened Aged Care Standards which commence from July 1<sup>st</sup>, 2025. The new Standards are more comprehensive and are focused more on a person-centred approach, rather than the old standards which focused on what a home needed to do for funding.

So, what does this mean for you, as a resident of Lutheran Homes Barossa?

This means there will be a larger focus on you and your care being personalised to what matters most to you. Your choices, preferences and independence will be at the centre of what and how care and services are provided.

Below are the new Standards written in the perspective of a resident. Over the next several TitTats, I will give a brief explanation of each Standard. If you have any questions, please don't hesitate to contact Jessica Osborne, Quality Officer.

### Standard 1 The Person:

I am valued and have a choice over the life I lead.

### Standard 2 The Organisation:

I have confidence in my service provider.

### Standard 3 The Care and Services:

My care is based around who I am and what's important to me.

### Standard 4 The Environment:

I feel safe and supported where I live.

### Standard 5 Clinical Care:

I get the right clinical care for me.

### Standard 6 Food and Nutrition:

I enjoy tasty and nutritious meals every day.

### Standard 7 The Residential Community:

I am supported to build and maintain relationships.

**“Be the reason someone feels welcomed, seen, heard, valued, loved and supported.”**



**aras**  
Aged Rights  
Advocacy Service

**For the Rights  
of Older People**  
advocacy ■ information  
education ■ support



**Tel (08) 8232 5377**  
**Aged Care Advocacy Line**  
**1800 700 600**  
**[www.sa.agedrights.asn.au](http://www.sa.agedrights.asn.au)**



# QUALITY NEWS

**Standard 2**  
I have confidence in my service provider.



**Standard 3**  
My care is based around who I am and what's important to me

**Standard 4**  
I feel safe and supported where I live.

**Standard 7**  
I'm supported to build and maintain relationships.

**Standard 5**  
I get the right clinical care for me.

**Standard 6**  
I enjoy tasty and nutritious food every day.

If you feel these standards aren't being met please let us know in one of the following ways:

- Share Your Experience Form
- Ask at Reception to speak to Customer Service Coordinator Belinda Treloar or Quality Officer Jessica Osborne

If you prefer to raise your concerns externally you can also contact  
The Aged Care Quality and Safety Commissioner on 1800 951 822  
National Aged Care Advocacy Line on 1800 700 600

## ...thank you

The safe and efficient operation of Lutheran Homes Barossa is assisted by open, honest feedback from our residents, their relatives, from staff, guests and all who we engage with. All feedback is valuable and appreciated - suggestions, compliments and both positive and negative comments.

Simply complete this 'Share Your Experience Form' and return to reception or pop into any of the marked administration drop boxes within the building.

**Receipt of your feedback will be acknowledged.**

## ...we care

Our 'Share Your Experience' process is valuable and assists us as we strive for best practice.

It is coordinated under the guidance of our Customer Service Coordinator. They will ensure that your confidential feedback reaches the correct department and personnel. Should you like to know what improvements and actions have been ignited as a result of your feedback, please indicate this on the form.

For more information or to discuss your feedback with our Customer Services Coordinator or relevant Manager, please contact the Executive Assistant, Britany Mickan by phone on **8563 7733**

Britany will arrange your appointment.  
**britany.mickan@tlhome.com.au**

Alternate Contacts:  
The Aged care Quality & Safety Commissioner  
1 800 951 822  
National Aged care Advocacy Line  
1 800 700 600

**Lutheran Homes Barossa**  
**27 Bridge Street TANUNDA SA 5352**

## ...we invite you to share your experience

A confidential opportunity to give feedback on our service, our staff, experience or a situation. ...we appreciate your interest



Enriching Your Life  
**Lutheran Homes Barossa**

Lutheran Homes Barossa  
27 Bridge Street TANUNDA SA 5352  
Phone 8563 7777 info@tlhome.com.au  
[www.tlhome.com.au](http://www.tlhome.com.au)

# ...please share your contact details



DATE : \_\_\_\_\_

NAME : \_\_\_\_\_

ADDRESS : \_\_\_\_\_

PHONE : \_\_\_\_\_

EMAIL : \_\_\_\_\_

I'd prefer to remain anonymous?

ON BEHALF OF: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

### OFFICE USE

Date Received: \_\_\_\_\_

CSC Log #: \_\_\_\_\_

Receipt Acknowledged:  Yes -  No

Phone:  In Person:  Email:  Other

Forwarded To Departmental Head:  Yes -  No

CI Required:  Yes -  No

Satisfactory Outcome:  Yes -  No

Date Closed: \_\_\_\_\_

Follow Up required:  Yes  No  N/A

3 months  6 months  9 months

Other Comments: \_\_\_\_\_

RESIDENT AGED CARE:

RETIREMENT LIVING:

COMMUNITY SERVICES:

OPERATIONS:

OTHER:

COMPLIMENT:

SUGGESTION:

FEEDBACK:

CONCERN:

COMMENT:

RESIDENT:

RELATIVE:

VISITOR:

STAFF:

OTHER:

**YOUR FEEDBACK:** Please share your compliments, suggestions, feedback or concerns. Your input will be confidential and without reprisal.

**WE APPRECIATE YOUR SUGGESTIONS FOR IMPROVING OUR SERVICES. PLEASE PROVIDE SPECIFIC DETAILS.**

**THANK YOU FOR YOUR FEEDBACK WE APPRECIATE YOUR TIME AND INTEREST**

**WOULD YOU LIKE TO DISCUSS THIS DIRECTLY?**

I would like to know what improvements and actions have been ignited on my feedback.

YES

YES





# Share Your Experience

LHB supports your right to share compliments, suggestions, concerns or to make a complaint.

We welcome feedback and complaints as part of our commitment to providing a high-quality service.

Share the things we are doing well, or if you have a concern, we would like to hear from you.

We understand the importance of resolving matters promptly within our service and aim to provide a welcoming environment for you to raise a concern or a complaint.

For feedback, compliments, suggestions, concerns, or complaints; complete the Share Your Experience form, or alternatively direct your feedback to one of the key personnel listed below:

**Care Manager** – Sharon Berridge  
(Including Clinical Care, Lifestyle, Allied Health, CHSP)

**Operations Manager** – Rachel Strudwick  
(Including Catering, Housekeeping Administration & Maintenance)

**Financial Controller** – Ameya Bhiskute  
(Including Accommodation & Fees / Bonds)

**Customer Service Coordinator** – Belinda Treloar

[sharon.berridge@tlhome.com.au](mailto:sharon.berridge@tlhome.com.au) or Ph: 8563 7757

[rachel.strudwick@tlhome.com.au](mailto:rachel.strudwick@tlhome.com.au) or Ph: 8563 7771

[ameya.bhiskute@tlhome.com.au](mailto:ameya.bhiskute@tlhome.com.au) or Ph: 8563 7768

[belinda.treloar@tlhome.com.au](mailto:belinda.treloar@tlhome.com.au) or Ph: 8563 7700

...we invite you to share your experience

A confidential opportunity to give feedback (1000 words or less) on [www.tlhome.com.au](http://www.tlhome.com.au)



## Do you have a concern?

You can do something about it. If you have a concern or feedback about the aged care you or someone else is receiving, you can talk to us.

1800 951 822  
[agedcarequality.gov.au](http://agedcarequality.gov.au)

We encourage you to raise concerns with your service provider first. **Your local contact within this service is:**

Sharon Berridge, Care Manager  
Phone: 08 8563 7757 or Email: [sharon.berridge@tlhome.com.au](mailto:sharon.berridge@tlhome.com.au)

Rachel Strudwick, Operations Manager  
Phone: 08 8563 7771 or Email: [rachel.strudwick@tlhome.com.au](mailto:rachel.strudwick@tlhome.com.au)

Ameya Bhiskute, Finance Controller  
Phone: 08 8563 7768 or Email: [ameya.bhiskute@tlhome.com.au](mailto:ameya.bhiskute@tlhome.com.au)

If you can't resolve your concern with your service provider, you can contact the **Aged Care Quality and Safety Commission**

- Anyone can lodge a concern

- It is free

- You can be anonymous or confidential  
- You can also give us feedback about the care you or someone else is receiving to help us when we check a service against quality standards

- Call us on **1800 951 822** or visit [agedcarequality.gov.au](http://agedcarequality.gov.au) for more information



Phone  
1800 951 822



Web  
[agedcarequality.gov.au](http://agedcarequality.gov.au)



Write  
Aged Care Quality and Safety Commission  
GPO Box 9819, in your Capital City

# HOSPITALITY

The Catering Team served up over 9,600 meals for our residents in February. At Lutheran Homes Barossa, we ensure our residents receive an enjoyable dining experience, tailored food and drink preferences, and ongoing nutritional support each day, following the Strengthened Aged Care Quality Standard 6—Food and Nutrition.

## ***Favourite Meals***

Valentines Day Lunch: Honey Chicken Drumsticks, Potatoes, Pumpkin and Cheesy Mixed Veg

Dessert: Pavlova, Strawberries and Fresh Cream

Afternoon Tea: High Tea Cakes & Sweets

## **Strengthened Aged Care Quality Standard 6**

Food and nutrition



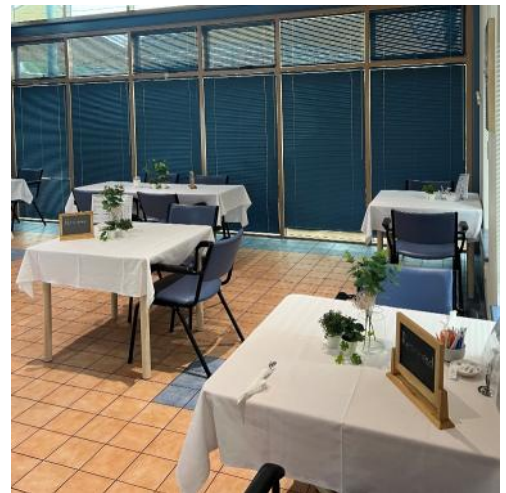
## **Kitchen Stats**

Over 2,200 'Meals on Wheels' meals

Catered for 3 events

Provided 170 meals for BCC Clients

The Courtyard Cafe has been thriving in the last month! We have seen a noticeable increase in foot traffic, averaging 50 orders per day, which has kept Helen and her Volunteers busy and energized. From regulars enjoying their morning coffee to new visitors and families discovering the cozy atmosphere, the cafe is buzzing with activity. Don't forget to keep up with the daily specials and freshly baked sweets available.



Stephen Bennink, one of our wonderful Laundry Staff Members

## **DID YOU KNOW?..**

Our Laundry Department irons an average of 5,000 items per month for our residents.



# ROBOTS

## A Celebration of Innovation and Excellence in Robotics!



Robotics Australia Group launched the Excellence in Robotics Awards 2025, an initiative to honour and celebrate the groundbreaking work being done in the field of robotics across Australia. These awards are dedicated to recognising the pioneers and innovators who are pushing the boundaries of technology, transforming industries, and making significant contributions to the future of robotics.

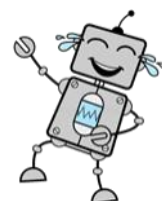


Lutheran Homes Barossa submitted an application to Robotics Australia Group in December 2024, in collaboration with Omni-Health. We received an email notifying us that we were finalists, and ultimately, we won.

In our category, there were three finalists, and Lutheran Homes Barossa shared the win with Advanced Navigation. Robotics Australia has no affiliation with Omni-Health. The award was granted based on merit, achievement, and future-proofing robotics in healthcare, demonstrating innovation ahead of our time.



Why did the robot break up with its charger?  
*It just couldn't find the connection anymore!*



# NOTICEBOARD



**Jessica Osborne**  
Quality Officer



**Michael Stroeh**  
Maintenance Coordinator



Please welcome Sharon Sinyei, Shan Peng and Janetta Villet, our newest Registered Nurses from HealthX Australia. They will be here on a short-term contract with Lutheran Homes Barossa. If you see them around the Home, be sure to introduce yourself and say hello.



**Sharryn Hueppauff** was presented as a Semi Finalist in the prestigious Konica Minolta Customer Service Award by The Hon Nat Cook MP, Minister for Human Services at the 2024 South Australia Community Achievement Awards Gala Presentation Dinner in February.

The Awards were hosted by Rosanna Mangiarelli, 7NEWS Weekday Newsreader, and 300 guests gathered from across the State to celebrate the high achievers and community contributors.

# NOTICEBOARD

February marked some special occasions for Lutheran Homes Barossa. Not only was the love spreading around the Home for Valentines Day, but it was our 1 year anniversary since we opened The General Store. How exciting is that? Have you experienced The General Store with your loved ones? Bookings can be taken via the Lifestyle Team or by contacting Reception.



Valerie & Roger Brent



Patricia & Malcolm Rohrlach



Fay Nixon & Betty Cavuoto



Please be advised that The News Corp Australia will be increasing their prices by 50c for the **Saturday Advertiser** from 1st March 2025. For those who have any concerns or interested in receiving papers, please see Reception for more details.

## Understanding Dementia Session - Monday 17th March

1:30pm - 3:30pm in the Barossa Club Connections

This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia.

**Suitable for:** People living with dementia, their family carers, family members, and people who are concerned they or someone they know may have dementia.



## FOR SALE

Electric Recliner Chair - **\$500**

Purchased 10 months ago  
Great Condition

Contact Diane Smithson  
for more details.  
**0412 458 207**

Why did the resident put  
wheels on her rocking  
chair?  
*She liked to rock and ROLL!*



# CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



## ...book your appointment today

### ...how can we help?

As you get older, everyday tasks can become more difficult. Asking for help doesn't mean losing your independence. Lutheran Homes Barossa provide services that improve, restore and maintain the health, safety, well-being and independence for older people.

The **Allied Health + Therapy Services** and **Barossa Club Connections Social Centre** provide a range of specialist activities to help you stay on top and lead an active life.

- Physiotherapy and Exercise Groups
- Occupational Therapy
- Better Balance - Falls Prevention + Rehabilitation
- Club Connections + Social Outings
- Activity and Games Centre
- Art, Craft and Cooking projects

What would you like to do? Come along and join the fun; you're always welcome.

For more information book your tour of our facilities. Please ask to be connected to a ... Customer Service Coordinator - **8563 7777**

**The Allied Health Clinic** is open  
...9am to 5pm - Monday to Friday

**Barossa Club Connections** is open  
...9am to 4pm - Monday to Friday

Your Community Services team are specialists in a range of health and wellbeing services. They are available to assist you to build and retain your daily fitness levels, to help you to remain active, and ensure you have the flexibility, strength and overall good health to be active every day and enrich your life.

Programs are available to individuals (one-on-one), as well as group fitness programs.

### ...we can assist you

**The First Step** - Find out if you are eligible  
**Contact My Aged Care on 1800 200 422**

**The Second Step** - Following your assessment, the assessor will provide you with referral codes for your eligible services.

**The Third Step** - Finally, don't hesitate to get in touch with us, book an appointment and bring your referral code to initiate our services.

# CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM

## Valentine's Day High Tea

Clients gathered at the Barossa Club Connections for a delightful Valentine's Day High Tea, surrounded by elegant decor and a warm, inviting atmosphere for those to enjoy each others company. It was an afternoon of indulgence and connections, making Valentine's Day even more meaningful.



Ray, Wyndham, and Malcolm teamed up to make delicious ham and cheese scrolls for Kitchen Kapers. It is always a fun and interesting experience when the men are in the kitchen.



Clients enjoyed a friendly game of indoor carpet bowls, engaging in a fun and relaxed activity together.

## Hawaiian BBQ



The club got together in February for a vibrant Hawaiian BBQ, enjoying delicious food and a lively, tropical atmosphere. Conversations and laughter filled the air, making it a memorable afternoon. The Hawaiian theme added a fun touch, bringing a taste of the tropics to the gathering. Will we see you at the next BBQ?



# WHAT'S HAPPENING IN MARCH

## NEXT RESIDENT MEETING IS IN MARCH

THURSDAY 6TH 1:30PM IN THE CHAPEL

ALL FAMILIES AND REPRESENTATIVES ARE WELCOME TO JOIN US

EVERYONE IS WELCOME



**\$5**

FOR 2  
PANCAKES  
AND A HOT  
DRINK

## SHROVE TUESDAY

4TH MARCH

9AM-12NOON

IN THE CHAPEL

To book a table please contact Kasey at reception to ensure you don't miss out.



## HARMONY WEEK

CELEBRATES HOW ALL  
OF OUR DIFFERENCES  
MAKE AUSTRALIA A  
GREAT PLACE TO LIVE!

PARADE FRIDAY 21/03  
1:30PM in the Chapel



## ASH WEDNESDAY & LENTEN SERVICES

10:30AM IN THE CHAPEL

WEDNESDAY 5th, 12th, 19th & 26th OF MARCH



## The Shed Grand Opening

ALL ARE  
WELCOME

Join us on

Tuesday the 4th of  
March for "The Shed's"  
official opening  
1.30pm

Come and have a look at the changes to

"The Shed."

Entrance is located in the Oleander Garden.

BBQ Sausage Sizzle and drinks will be available.

LHB would like to thank everyone who has been involved  
in making these changes possible.



**FOOTY'S BACK,  
HAVE YOU GOT  
YOUR NAME  
DOWN?**

**SAINT PATRICK'S DAY  
MONDAY 17TH MARCH**



## - FOOD TASTINGS -

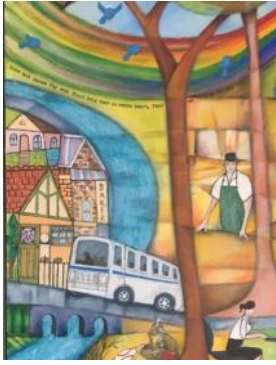
THURSDAY 13TH OF MARCH

FOR TC / PROTEA 1:30PM IN THE CHAPEL

THURSDAY 20TH OF MARCH

FOR WARATAH 1:30PM IN TUSCANY





# VOLUNTEER NEWS

Belinda Treloar;  
Customer Service, Volunteer  
& Leisure Coordinator



## VOLUNTEERING AT LHB

If you would like to become a Volunteer at LHB, please either send me an email at [belinda.treloar@tlhome.com.au](mailto:belinda.treloar@tlhome.com.au) or you can call Reception.

### Happy Birthday

To all our wonderful Volunteers for the month of March!  
Many happy returns.



## CAN YOU HELP?

We are currently seeking volunteers to assist with the **Wednesday Shopping Bus**  
**Café Helpers**

If you feel that you have some spare time each week and want to make a difference, please contact me.

Happy March to all the amazing Volunteers at LHB, It's true when they call it Mad March, we will be having a very busy one at LHB. Thank you to all of you that have popped in and seen me over the last month. It's lovely to connect with you all and see what you have been up to. We are still looking for some helper to assist with the STV and Wednesday Shopping Bus, Courtyard Café and the Hairdresser. If you can spend a couple of hours each week and would like to help out, please let me know and we can find something to suit you. Thank you again, you are all amazing and I look forward to seeing what the this month brings.  
– Belinda

When entering rooms, please knock



Do you have Social Media?  
Head over to Facebook and like [Lutheran Homes Barossa](#)  
You can also follow us on Instagram [lutheranhomesbarossa](#)



# RESIDENTIAL ACTIVITIES ABGO

ABGO Residents enjoyed a lovely high tea for Valentines Day chatting and reminiscing about their great loves and movies star crushes.



Betty Holness, Rosalie Betts, Dorcas Kernich, Sandra Atze, Jean Kuhn, Joyce Lehmann & Avis Humphrys



Hedley Mates - Knock'em Down



Alex Muir - Drumming



Sean Hyland & John Howlett

## THE SHED BOYS VISIT BUNNINGS!

Some of the boys from "The Shed" went and visited Bunnings this week to stock up on supplies before the grand opening. A big thank you to Heidi the Bunnings Activities Officer for showing us around. Lennie Stoeckel, Harry Brown, John Riley along with Lifestyle Staff, Sean Hyland & Julie Gates had a great time. Thank you BUNNINGS GAWLER! I'm sure we will be back soon.



# RESIDENTIAL ACTIVITIES

This month the residents have been involved in Hoy, which is a favourite past time for some! The Art and Craft group have been getting ready for our very own LHB Show and Tuscany is a huge hit on a Tuesday Morning. Thank you to all the residents that continue to come and enjoy group activities supporting the Lifestyle Team.



Joan Minge being pampered.

Mina Anderson, Grant Taylor, Errol Weiss & Irene Joppich in Tuscany.

## VISITS WITH PEPE

Protea had a great time with snuggles from Pepe.  
Thank you to staff member Michelle Adams for bringing in her boy.



Rosemary Berg



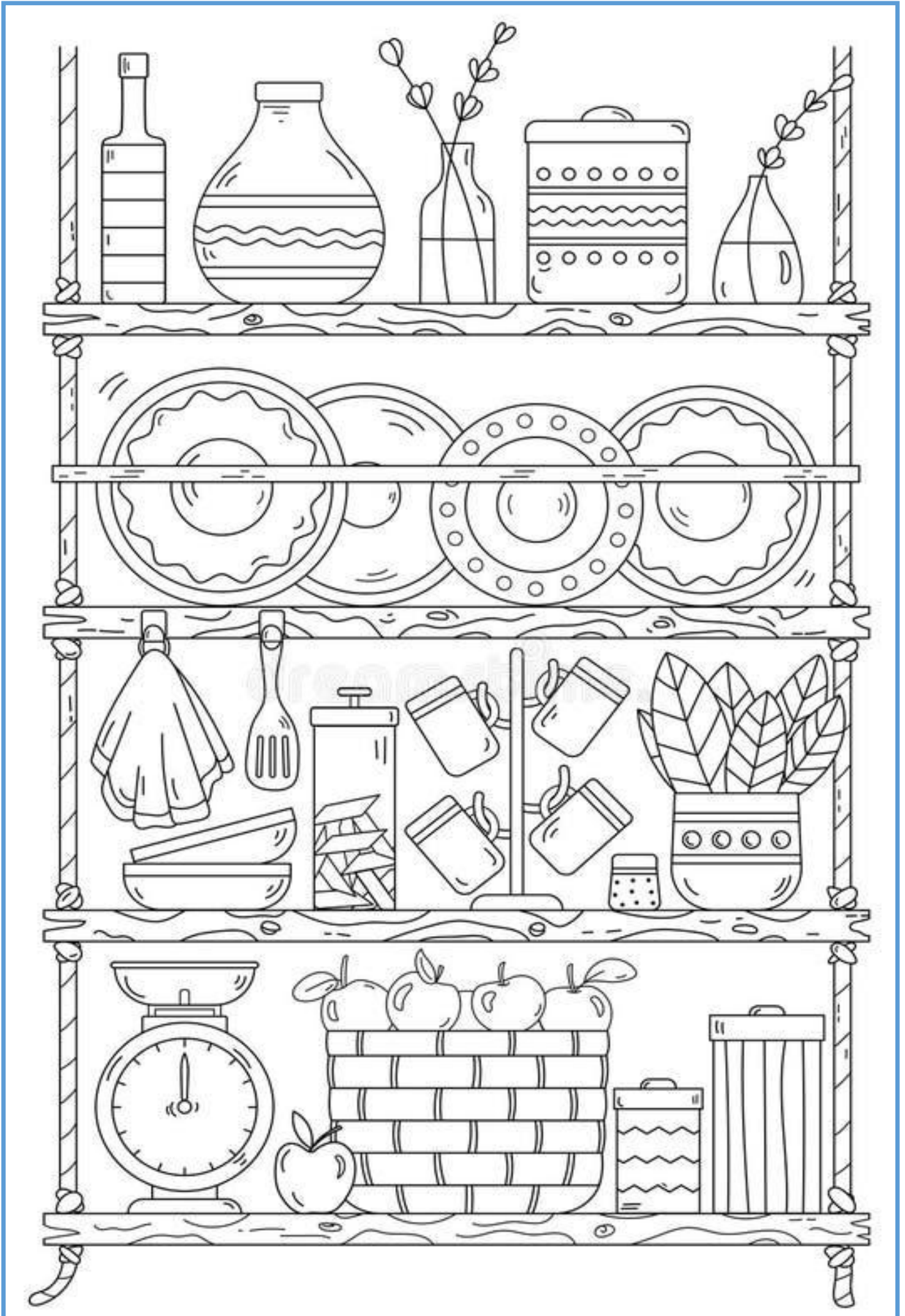
Iris Ellis



Anne Hoebergen



Kath Rochford



**Saturday 1st**

1:30 Knock'em Down ABGO  
 3:00 Picture Bingo ABGO  
 4:00 1x1's ABGO

**Sunday 2nd**

10:00 Church Service Chapel  
 1:30 Bean Bag Toss ABGO  
 3:00 Tunnel Ball ABGO  
 4:00 1x1 ABGO

**Monday 3rd**

10:30 Singing in the Chapel Chapel  
 10:45 Worship Service ABGO  
 1:30 Billiard Bowls ABGO  
 1:30 Art & Craft LHB  
 3:00 Art & Craft ABGO

**Tuesday 4th—Shrove Tuesday**

9:00-12:00 Pancakes - 2 for \$5 + Drink Chapel  
 1:30-3:00 The Shed Opening The Shed

EVERYONE IS WELCOME



**\$5**

FOR 2  
 PANCAKES  
 AND A HOT  
 DRINK

**SHROVE TUESDAY**

4TH MARCH  
 9AM-12NOON  
 IN THE CHAPEL

**The Shed**

**Grand Opening**

**ALL ARE WELCOME**  
 Join us on  
 Tuesday the 4th of  
 March for "The Shed's"  
 official opening  
 1.30pm

Come and have a look at the changes to  
 "The Shed."  
 Entrance is located in the Oleander Garden.  
 BBQ Sausage Sizzle and drinks will be available.  
 LHB would like to thank everyone who has been involved  
 in making these changes possible.




**Wednesday 5th- General Store Open in ABGO 10-2pm**

From 9am TLH LIBRARY OPEN TC  
 10:30 ASH WEDNESDAY SERVICE Chapel  
 10:45 Armchair exercise ABGO  
 1:30 Table Tennis ABGO  
 1:30 Ten Pin Bowling Chapel  
 1:30 Wheel Of Fortune Waratah  
 3:00 Bingo ABGO

**Thursday 6th—FOOTY STARTS TONIGHT**

From 10am CAFÉ' SHOP TROLLEY  
 10:30 Hoy ABGO  
 10:30 Movers and Groovers Chapel  
 1:30 Golf ABGO  
 1:30 Residents Meeting Chapel  
 3:00 Pampering Sensory Room

**Friday 7th**

From 9am TLH LIBRARY OPEN TC  
 10:30 Movement to Music ABGO  
 10:30 Hoy Waratah  
 1:30 Ping Pong—Faith Students ABGO  
 1:30 Bingo Chapel  
 3:00 Coffee & Chat ABGO

**Saturday 8th—Tanunda Show Day**

1:30 Rap Ball ABGO  
 3:00 Word Games ABGO  
 4:00 1x1's ABGO

**Sunday 9th**

10:00 Church Service Chapel  
 1:15 LEGO PRESENTATION ABGO Entrance  
 3:00 Memory Game ABGO



**PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY  
 BE SUBJECT TO CHANGE..  
 PLEASE SPEAK TO A LIFESTYLE TEAM MEMBER  
 FOR DETAILS ON THE DAY—Thank you**

**Monday 10th—Adelaide Cup Public Holiday**



**Tuesday 11th**

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Tunnel Ball	Chapel
1:30 Pampering	Waratah
2:30 Sing Along with Doug	ABGO

**Wednesday 12th- General Store Open in ABGO 10-2pm**

From 9am TLH LIBRARY OPEN	TC
10:30 LENTEN SERVICE	Chapel
10:45 Armchair exercise	ABGO
1:30 Focus on March	ABGO
1:30 Billiard Bowls	Chapel
1:30 Memory Game	Waratah
3:00 Bingo	ABGO

**Thursday 13th**

From 10am CAFÉ' SHOP TROLLEY	
10:30 Quoits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Ping Pong	ABGO
1:30 Food Tasting TC / Protea	Chapel
1:30 Gardening Group	Waratah
3:00 Pampering	Sensory Room

**Friday 14th**

From 9am TLH LIBRARY OPEN	TC
10:30 Memory Game	ABGO
10:30 Hoy	Waratah
1:30 Dart Ball	ABGO
1:30 Bingo	Chapel
3:00 Garden Group	ABGO

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**Saturday 15th**

1:30 Knock'em Down	ABGO
3:00 Picture Bingo	ABGO
4:00 1x1's	ABGO

**Sunday 16th**

10:00 Church Service	Chapel
1:30 Bean Bag Toss	ABGO
3:00 Tunnel Ball	ABGO
4:00 1x1	ABGO



**Monday 17th—Saint Patrick's Day**

10:30 Singing in the Chapel	Chapel
10:45 Worship Service	ABGO
1:30 Billiard Bowls	ABGO
1:30 Art & Craft	LHB
3:00 Art & Craft	ABGO

**Tuesday 18th**

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Word Games	Chapel
1:30 Tarp Target Toss	Waratah
3:00 Pet Therapy / Oleander Happy Hour	ABGO

**Wednesday 19th- General Store Open in ABGO 10-2pm**

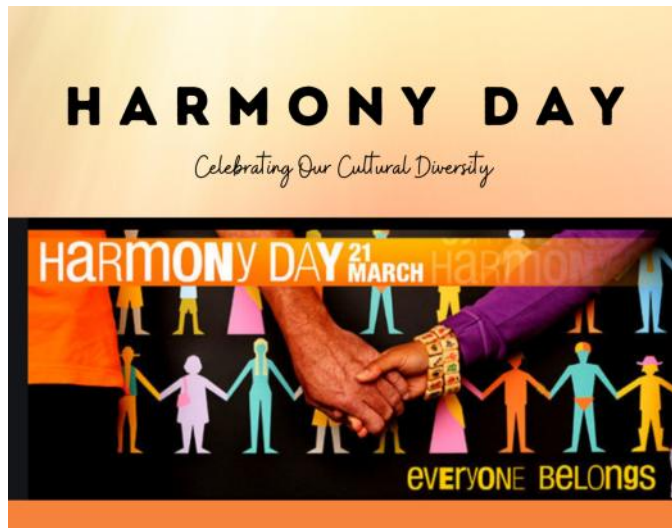
From 9am TLH LIBRARY OPEN	TC
10:30 LENTEN SERVICE	Chapel
10:45 Armchair exercise	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Wheel Of Fortune	Chapel
1:30 Ten Pin Bowling	Waratah
3:00 Bingo	ABGO

**Thursday 20th**

From 10am CAFÉ' SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Golf	ABGO
1:30 Carpet Bowls	Chapel
1:30 Food Tasting	Waratah
3:00 Pampering	Sensory Room

**Friday 21st**

From 9am **TLH LIBRARY OPEN** TC  
 10:30 Movement to Music ABGO  
 1:30 Harmony Day Parade Chapel  
 3:00 Coffee & Chat ABGO



**Saturday 22nd**

1:30 Rap Ball ABGO  
 3:00 Word Games ABGO  
 4:00 1x1's ABGO

**Sunday 23rd**

10:00 Church Service Chapel  
 1:30 Chair Yoga ABGO  
 3:00 Memory Game ABGO  
 4:00 1x1 ABGO

**Monday 24th**

10:30 Singing in the Chapel Chapel  
 10:45 Worship Service ABGO  
 1:30 Drumming ABGO  
 1:30 Gardening Group TC / Protea  
 1:30 Tunnel Ball Waratah  
 3:00 Reminiscing ABGO

**Tuesday 25th**

10:15 Knit and Natter Protea  
 10:30 Movers and Groovers Chapel  
 10:30 Café Visits ABGO  
 1:30 Men's Shed The Shed  
 Ladies Pampering ABGO  
 1:30 Pampering Chapel  
 1:30 Ping Pong Waratah  
 2:30 Sing Along with Doug ABGO

**Wednesday 26th - General Store Open in ABGO 10-2pm**

From 9am **TLH LIBRARY OPEN** TC  
 10:30 LENTEN SERVICE Chapel  
 10:45 Armchair exercise ABGO  
 1:30 Table Tennis ABGO  
 1:30 Memory Game Protea  
 1:30 Billiard Bowls Waratah  
 3:00 Bingo ABGO

**Thursday 27th**

From 10am **CAFÉ' SHOP TROLLEY**  
 10:30 Quoits ABGO  
 10:30 Movers and Groovers Chapel  
 1:30 Ping Pong ABGO  
 1:30 Bean Bag Toss Chapel  
 1:30 Balloon Tennis Waratah  
 3:00 Pampering Sensory Room

**Friday 28th**

From 9am **TLH LIBRARY OPEN** TC  
 10:30 Memory Game ABGO  
 11:00 **Wisdom of The Elders** Chapel  
 1:30 Dart Ball ABGO  
 1:30 Bingo Chapel  
 3:00 Gardening Group ABGO

**Saturday 29th**

1:30 Knock'em Down ABGO  
 3:00 Picture Bingo ABGO  
 4:00 1x1's ABGO

**Sunday 30th**

10:00 Church Service Chapel  
 1:30 Bean Bag Toss ABGO  
 3:00 Tunnel Ball ABGO  
 4:00 1x1 ABGO

**Monday 31st**

10:30 Singing in the Chapel Chapel  
 10:45 Worship Service ABGO  
 1:30 Billiard Bowls ABGO  
 1:30 1x1's LHB  
 3:00 Art & Craft ABGO

**PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE. PLEASE SPEAK TO A LIFESTYLE TEAM MEMBER FOR DETAILS ON THE DAY —Thank you**



# Men's Shed



W K Y I Z X G G J E B O L T S J N V P Y  
 X T S Y V U C M C J I O J V T I C L E T  
 D K Z C T C F W T L K T Q M T L J I G I  
 D C D R R A W R Z B A A D E S S P H C C  
 N R R M F E P L P D X M N T J A J C O Y  
 K B Z Z X R W E A L K H P A D H N G H Z  
 I N Q N K E J D M D I W L L I S G D F B  
 G P V L C Q L J R E D E Z G J L Q W E V  
 G R I N D E R G V I A E R N U A L E W R  
 T Y Q I A U Z O O F V S R S C I M X T D  
 R Y Y C H D Y I X U I E U N L S H L D V  
 H V L J P A U G Z C D V R R R K T W K U  
 D D Q T V P M K O Y F N G U E Y I E W L  
 Y R T T S V A M H Z K P Z D D W O F E M  
 Z I X D W L J I E B E N C H Y M C V M L  
 H L Q K B V I Z N R K W I A F F S L V N  
 M L E V E L E R P T L T S Q L U C R N J  
 I S G P T A O G B R N G H Q T I A X Q C  
 N F C D L E Y D N R E O A H I N B U Y G  
 E E W L X F D F O O O C P Q B V C E Z T

screwdriver

tape measure

grinder

drill

leveler

hammer

ladder

steel

sander

pliers

clamp

bolts

metal

paint

bench

nail