Million tulips on display at the Tesselaar Tulip Festival, the colour is absolutely amazing.

In addition to the flowers there is live entertainment and market stalls daily, tractor rides, performances, souvenirs, games for all and much more. You can even see the biggest clog in the Southern Hemisphere.

Tesselaar Gardens, 357 Monbulk Road, Silvan, Victoria

Until 10th October
Hello Everyone,

Phew September is out of the way—good grief we had a busy month but so exhilarating at the same time, as you will find in the following pages of this Newsletter.

On September 19th & 20th we had an official visit by the Accreditation Standards Agency with a complete Audit conducted in all 4 Standards and its 44 Principles. It was a busy time leading up to their visit with Surveys and Self Assessment Reports conducted, a requirement. Some of the Subjects audited were Elders Lifestyle including Spiritual & Cultural life, Management Systems, Staffing, Health and Personal Care, Physical Environment, Clinical Care, Safe Systems, Fire and Other Emergencies, Catering, Cleaning, Laundry and Infection Control etc etc. There really is quite a long list to meet Government Regulations.

A big thank you to Elders, Family, Friends, Doctors, Volunteers and Staff who were all approached in confidentiality for their views on Trinity Manor. We are very very happy to state:

Trinity Manor Passed all 4 Standards and its 44 Outcomes!! Whoo Hoo!

Lifestyle spent three quarters of a day beginning to plan 2018 Calendar and we are very happy with our progress. We will require another half day to finalize some plans whilst leaving space for all the spontaneity that occurs whilst living at Trinity Manor. It is a fine balance, but I believe in my team which includes our Helpers and Volunteers in that mix.

We had a brilliant time with our Yongala Kinder children. Elders had been working on a story about what they have learnt in life, it was decided to use Pom Pom to deliver a message, with Josh using his artistic flair in producing the Illustrations. Thank you to Liz who captivated 22 children as our story teller. Please read the story in the body of this newsletter. We are looking at producing this into a book which can be purchased (to cover costs) prior to Christmas.

Another big thank you to all staff who celebrated their culture with Elders. The Nepalese Community of Care Staff dressed up in their finest during our Fathers Day celebrations to give a surprise to Elders in showcasing their cultural dances. It was so infectious Elders could not help but get up and dance.

The 3 year olds will visit us and we begin our Intergenerational Kinder Program again.

Talking about Intergenerational programs, we are also excited that 7 of our Centenarians have been selected to take part in an Inter generational artistic program with the Victorian Seniors Festival & State Victoria. Seniors week occurs in October, the Launch will occur on Sunday 8th October at 3.30pm whereby we will view the portraits that students have completed. A Bus Outing is definitely on the cards for this one.

Don’t forget to check out Senior Style Clothing, they return after requests from Elders. This time Steve will be bringing Xmas Gift Bags with Gifts. At $5.00 per bag it is a real bargain. So put the date of 19th October in your Calendar.

Please remember to look out for our Weekly Activities Planner to see what is happening for the week and also keep an eye out for special Posters too. As always we look forward in receiving any suggestions you may have to include in our Activity Program for 2017.

Remember to look us up on Facebook and give us a big thumbs up!
We hope you enjoy the October newsletter.

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team
Recreational Activities in October 2017

Remember to View the Weekly Lifestyle Activity Planner & Board for further information of other Activities Offered, plus look at Reception for Special Event Posters.

Suitable Activities offered in Garden Court from 9.30 til 11.30am—3.15 til 4.00pm
Genazzano Students Visit this School Term

2nd—BINGO—10.30—11.30am—Reflection Room
2nd—OMEGA P OTTS—MUSIC THERAPY 1.30—2.15pm—1st Floor Dining Room
2nd—ARMCHAIR LECTURE — 1.30—3.00pm—Reflection Room
3rd—Fran, BEAUTY THERAPIST VISITS TODAY—Everywhere
3rd—GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
3rd—PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
3rd—BOOK READING WITH CHRIS (Volunteer) - 1.00—2.45pm—Reflection Room
4th—GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
4th—HUXLEY—DELTA THERAPY DOG—Visiting Elders Today
4th—HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
4th—PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
4th—MOVIE OF THE WEEK—1.30—3.00pm—Reflection Room
5th—CARPET BOWLS—10.30—11.30am—Lower Ground Floor
5th—FUN & FITNESS WITH JOSHD—1.30—2.30pm—Reflection Room
5th—Catholic Mass with Father Jacob (other Denominations welcome) - 3.00—3.45pm—Reflection Room
6th—DENISE—CLINICAL MASSEUSE HERE TODAY
6th—TAI CHI—10.30—11.30am—Reflection Room
6th—KNIT N NATTER WITH VOLUNTEERS—2.00—3.00pm—Reflection Room
6th—BIBLE DISCUSSIONS WITH GAVIN (Volunteer) - 3.30—4.00pm—Monomeath
9th—BINGO—10.30—11.30am—Reflection Room
9th—CHOIR & Music Duo with George—1.30—2.30pm—Reflection Room
10th—Elders & Relatives Meeting—10.30—11.30am—Reflection Room
10th—GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
10th—PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
10th—BOOK READING WITH CHRIS (Volunteer) - 1.00—2.45pm—Reflection Room
11th—GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
11th—HUXLEY—DELTA THERAPY DOG—Visiting Elders Today
11th—HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
11th—PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
11th—STAFF MEETING—12.30—2.30pm—Reflection Room
11th—CATHOLIC COMMUNION—3.30—4.00pm—Reflection Room
12th—BUS OUTING TO YONGALA KINDERGARTEN FOR MORNING TEA—10.00—11.30am
12th—CARPET BOWLS—10.30—11.30am—Lower Ground Floor
12th—MOVIE OF THE WEEK—1.30—3.00pm—Reflection Room
13th—DENISE—CLINICAL MASSEUSE HERE TODAY
13th—TAI CHI—10.30—11.30am—Reflection Room
13th—CLASSICAL MUSIC APPRECIATION AFTERNOON With Special Guests—Live Performance—1.30—2.45pm—Reflection Room
13th—BIBLE DISCUSSIONS WITH GAVIN (Volunteer) - 3.30—4.00pm—Monomeath
16th — BINGO — 10.30—11.30am — Reflection Room
16th — OMEGA Potts — MUSIC THERAPY — 1.30—2.15pm — 1st Floor Dining Room
16th — ARMCHAIR LECTURE WITH CINZIA — 1.30—3.00pm — Reflection Room
17th — FRAN, BEAUTY THERAPIST VISITS TODAY — Everywhere
17th — GYM GROUP WITH PHYSIO — 10.30—11.30pm — Gymnasium
17th — BOOK READING GROUP WITH CHRIS (Volunteer) — 1.00—2.30pm — Reflection Room
17th — BUS OUTING WITH DAVE (Volunteer) & LIFESTYLE — Afternoon Tea in a Park — 2.00—3.30pm
18th — GYM GROUP WITH PHYSIO — 10.30—11.30am — Gymnasium
18th — HUXLEY — DELTA THERAPY DOG — Visiting Elders Today
18th — HAIRDRESSERS HERE TODAY — Beauty Salon — Lower Ground Floor
18th — PHYSICAL & BRAIN CHALLENGE ACTIVITIES — 10.30—11.30am — Lower Ground Floor
18th — POPPY MAKING CRAFT — FOR REMEMBERANCE DAY — 1.30—2.30pm — Reflection Room
18th — CATHOLIC COMMUNION — 3.30—4.00pm — Reflection Room
19th — CARPET BOWLS — 10.30—11.30am — Lower Ground Floor
19th — STEVE FROM SENIOR STYLE SHOPPING HERE THIS AFTERNOON — 1.30—3.00pm — Lower Ground Floor
20th — DENISE — CLINICAL MASSEUSE HERE TODAY
20th — KNIT N NATTER WITH VOLUNTEERS — 2.00—3.00pm — Reflection Room
20th — BIBLE DISCUSSIONS WITH GAVIN (Volunteer) — 3.30—4.00pm — Monomeath
23rd — BINGO — 10.30—11.30am — Reflection Room
23rd — OAKS DAY DECORATIONS FOR THE HOME MAKING — 1.30—3.00pm — Reflection Room
24th — GYM GROUP WITH PHYSIO — 10.30—11.30am — Gymnasium
24th — PHYSICAL ACTIVITIES — 11.00—11.30am — Monomeath
24th — BOOK READING WITH CHRIS (Volunteer) — 1.00—2.45am — Reflection Room
25th — GYM GROUP WITH PHYSIO — 10.30—11.30am — Gymnasium
25th — HUXLEY — DELTA THERAPY DOG — Visiting Elders Today
25th — HAIRDRESSERS HERE TODAY — Beauty Salon — Lower Ground Floor
25th — PHYSICAL & BRAIN CHALLENGE ACTIVITIES — 10.30—11.30am — Lower Ground Floor
25th — DAWN QUICK & HER VAUDEVILLE SHOW — DRESS IN PINK — 1.30—2.30pm — Lower Ground Floor
25th — CATHOLIC COMMUNION — 3.30—4.00pm — Reflection Room
26th — CARPET BOWLS — 10.30—11.30am — Lower Ground Floor
26th — FUN & FITNESS WITH JOSH — 1.30—2.30pm — Reflection Room
27th — DENISE — CLINICAL MASSEUSE HERE TODAY
27th — 3 YEAR OLD YONGALA KINDER CHILDREN VISIT THIS MORNING — 10.00am — 11.30am — Lower Ground Floor
27th — LEATHER WORKSHOP WITH PETER — 2.00—3.00pm — Reflection Room
27th — BIBLE DISCUSSIONS WITH GAVIN (Volunteer) — 3.30—4.00pm — Monomeath
30th — BINGO — 10.30—11.30am — Reflection Room
30th — HIGH TEA WITH CINZIA — FASIONS ON THE RACING FIELD — 2.00—3.00pm — Reflection Room
31st — GYM GROUP WITH PHYSIO — 10.30—11.30pm — Gymnasium
31st — BOOK READING GROUP WITH CHRIS (Volunteer) — 1.00—2.30pm — Reflection Room
Great to get back to Wattle Park Chapel over Lunch and a little bit of purchasing items at their general Stall.

We are made to feel so welcome that the Auxillary Ladies Volunteer group have become friends over the years. The ladies host a Luncheon to various groups in the local Community and we feel blessed to be part of this.

Lovely to catch up with the Gents from the Melbourne Male Choir.

Enjoying a chat with one of the Wattle Park Chapel Ladies (above)

In the meantime, bargain shopper Renee enjoys some shopping, showing us some of her purchases.
It is always a wonderful Sunday morning spent with our friends from this group. Prayers & the hand of friendship, a lovely combination especially for Fathers Day.
Our Friends from Kinder also visited, some have now turned 5 and getting ready for school in 2018. This is the last visit to Trinity by this group, and we will take a trip to the Kindergarten as the children host their Trinity friends for Morning Tea.

We begin the journey of our friendship with 3 year olds who will visit this October.
We always suggest changing our game however the children all love the bean bag tossing game with Elders. They are very sweet, always retrieving the bags to hand to Elders. We do get their Grandparents & Parents involved which causes a lot of laughter.
A Story Project that Elders & Josh have been working on over the past 3 months was finished in time to present to our Kinder Friends. Elders living at Trinity were asked what they have learnt in life, this in turn was turned into a story that children could relate to.

A huge thank you to Liz who was a Narrator, and especially to Josh who created the idea and drew all the illustrations.

They say never to work with Children & Animals, however we did both. All our friends were so quiet in listening to Story Time, and excited when the real Pom Pom made a special appearance! We are hoping to turn this story into a book for all to enjoy.
Pom Pom is a beautiful Red head Pomeranian dog.

She lives in a big back yard, but it can get pretty lonely at times as she doesn’t have many friends to play with and her owners go away a lot.

One day Pom Pom was in her back yard just running around, and she saw out the corner of her eye an animal she had not seen before. The animal was pretty fluffy like her, had a long tail like her, but was different to her. Pom Pom approached it, and it was scared of her.

Pom Pom said ‘hello, are you are dog? Do you want to be my friend?’

In a hissing tone the other animal replied, “A Dog! Me play with a Dog, no way!! I’m a cat, and absolutely not, cats and dogs cannot be friends!!” and the cat turned away and jumped the large fence and leapt out of sight.

Pom Pom could not understand why they couldn’t be friends, just because we look a little different? And at that moment Pom Pom came up with a great idea!

She went back behind the old shed in the corner on the yard, where the owners paint tins were, she bumped the paint tins over and rolled through the oranges and the browns, so she looked just like the cat fur, and then found some skinny brown twigs and rubbed her face in them so they looked like whiskers.
And Da da dahhhhhhh, Pomina the pussy Cat! Now we can be friends thought Pom Pom.

The next day Pomina strutted around the back yard waiting for her new cat friend to arrive. By the end of the day, word had got around the neighborhood that there was a new cat on the block, and all the cats came to say hi, and all hang out together. They loved Pomina, so funny, unique, they loved her, she became very popular quickly.

Most afternoons all the cat would go jumping along fences, and exploring neighbors back yards, they invited their new friend Pomina. She was so excited that she was asked to join them.

As she went to follow them, she saw them one by one do an enormous leap up onto the top of the fence! Pomina thought I can’t jump that high? So she used her creative skills. Got a massive run up from the other side of the yard, and sprang on a rubber ball, bounced off the top of a log and on top of a bin and then on the top of the fence! WOW! All the cats thought we have never seen another cat do that!

Then they began to walk along the top of the fence, Pomina didn’t have the skills to balance, so she did it differently. Wow they thought, we’ve never seen a cat do that either!
Later on all the cats were purring together, and Pomina tried, ha ha ha they all laughed that’s the funniest purr I’ve ever heard!

They found a back yard with some milk in a bowl and they all went and lapped some up, but Pomina again did it very different way! (face in bowl splashing it all around).

Finally they found the best back yard in the neighborhood, the cats told Pomina that there are heaps of mice in the back yard, it’s cat heaven they stated.

So they went to work and started springing around the yard trying to find mice. Pomina was having such a great time, she finally tracked down a big mouse and set her eyes on it, and ran as fast as she could leaping left and right trying to catch it. But Pomina getting so caught up in the chase of this mouse she fell straight into a pond!!

Pomina soaking wet, doggie paddled her way to the edge of the pond, and so excited from the chase, shouting out to her new friends, almost got him, laughing as she was shaking the water from her fur ........ No response ........

All her friends with their eyes and jaws wide open, stared in disbelief, as Pomina’s costume of colored paints and twigs had all washed off in the pond, and a DOG—Pom Pom stood before them!
Well were those cats mad!, they began to meow loudly and hiss at Pom Pom, we were tricked, we don’t want to be friends with a DOG! That’s why you were so different! We should have known!! Get out of here, and don’t come back!

Poor Pom Pom hung her head in shame, she was so upset, all her new friends now were no longer friends. She thought she’d done a pretty good job at being a cat, although it was hard work though.

The night as Pom Pom the dog laid all alone in her lonely back yard trying to sleep, she thought I might just as well be a dog, even if that means I’m alone, at least I know I’m good at it.

The next day Pom Pom did what she did best, she ran around in the back yard chasing things balls and butterflies, springing and jumping over things doing loops, having so much fun.

She laid in the sun and fell asleep, and then after that she slurped up a bowl of water. All along the curious cats peeped over the fence, feeling a bit bad about the way they treated Pomina, ah I mean Pom Pom.

They jumped the fence to Pom Poms surprise and approached her, she thought they might still be angry, but they said “Pom, we really are so sorry, we saw they way you were playing today, your amazing, your bouncing and jumping. You like to chase balls and butterflies, we like to chase butterflies and mice. You like to lie in the sun on your back, so do we. You slurp water, we sip milk, you chew on big bones, we chew on little fish bones. We are not really all that different.

Maybe Cats and Dogs can be Friends!!

They spent the rest of the afternoon all playing together, learning from each other’s different ways.
As Pom Pom lay there at night with a big smile on her face, thinking how happy she was, she didn’t have to pretend to be a cat to be their friends.

She learnt that its always best to be honest, and truthful. Honest about who you are, and not pretending to be someone you’re not as the truth will always come out in the end.

So my friends, why be fake,

The truth will be revealed,

No matter how long it takes.

Soon you will find that a Cake is a Cake

and a Plate is a Plate

and that Jake is Jake and not his mate,

So why pretend for goodness sake.

Just be Honest & True,

For the best part about being you,

... is being you!!!!
SPRING

IS HERE?!

A bloomin’ good time was had by All at our High
Gabbie was a fabulous Helper and has mastered the Art of High Tea. Here she takes a well earned break and has Tea with her Mum: Blanka.

The Elders look forward to the monthly ‘High Tea’ which includes Lectures and Show ‘n Tell’. The ‘Four Seasons’ Series has proved most popular.

The next High Tea will be served with ‘Elegance and Flare’ (clue: Fashions on the Field)

AND THEN ~ We’ll end the Year with a BLOCKBUSTER!!!

Ciao Cinzia
Full attention of my Audience—you could almost hear a buzzzzzing Bee.

SPRING LECTURE: FEATURING ‘SPRING BLOOMS, BUTTERFLIES, AND BEES’

Highlighting the beauty of the Magnolia’s ~ picked from the front Garden that morning.

Large format Photographic Prints always prompt discussion.
We marked this day with a Bus Outing to the Shrine, 
War Memorial 

The Gallery of Medals, a 40 meter wall with 4,000 service medals. Each medal represents 100 Victorians who served in military and/or peacekeeping operations.

It was a humbling experience to visit the War Memorial. The Elders were very appreciative; particularly as none of them had ever visited the Memorial before.
WOW—we had such a fabulous afternoon at our Football Finals Lunch. With Brent Parlane leading our roar in singing Football songs + the food it all equaled to a recipe of success. Prawns, mini meat pies, BBQ & salad and individual Pav’s washed down with beverage of choice.

**Huge thank you goes out to our 3 Volunteers Chris, Kath C & Kath P. For their Assistance on the day and Kath P for running our Footie Tipping Comp.**

Just cannot escape those Pie’s supporters & Tiger’s too.
Tigers Fan’s were out in force!! Mmm—did notice the EMPTY bottle of wines though—very VERY happy indeed—ha ha!
We finished off our Lunch with revealing the winner of our Footie Tipping Competition, which Kath ran for us throughout the year, coming in weekly and assisting in getting the tips off Elders & Families.

Well … you wouldn’t believe it—who won our first tipping comp? You guessed it

Kath herself!!! With her winnings Kath is organising a coffee & cake gathering with all involved—how lovely!

Our wooden spooner for the year was none other than Ian—well what would you expect from a Carlton supporter!!
What a wonderful surprise we had in store for Dad’s, Grand-dads & Guardians. A wonderful entertainment by Laurel McKenna. Care Staff with Nepalese background took to the floor showcasing their culture in Clothes & Dance. How beautiful and different do our staff look in their traditional dress, the color and enthusiasm of it all was incredibly exciting to be part of that we could not sit still and joined them!

Thank you to Staff!!
We couldn’t help but have photo opportunities with staff in their costumes—they looked so beautiful each and every one of them!
For Elders who preferred a quieter afternoon, Staff visited them. How thoughtful!!
A project with Victorian Seniors Festival and State Government, Trinity Centenarian’s are involved in this project which is 100 portraits of 100 year olds (and over). This art exhibition is profiling Melbourne’s centenarians through portraits created by skilled young artists. Final works will be displayed during Senior’s week, 4-17th October at The Stables @ The Meat Market. After the exhibition Elders & Families get to keep these portraits.

Feeling blessed to be part of this exhibition!

We haven’t seen this pup for awhile so it was wonderful when she dropped in to say hello. Pom Pom took a particular shine to her as we watched them play in the central courtyard and a drink out of the fountain.
Winners of our Father’s Day competition—Congratulations to Helen on winning the big prize and Enid also having a win with her sister Kath with her.

Purposeful activities for Elders who require support with our remarkable Care Staff.
The Elders Rights Advocacy Representative, Pauline Meaney delivers an information session for Elders and Families.

Elders & Families in attendance stated they got a lot out of this session.

A lot of concentration going on in our Knit n Natter group with our volunteer.
Your Lifestyle Team spent a morning preparing for 2018. We were kept busy looking through evaluations of activities, taking in requests from Elders of what they wish to continue or add further into the program. Sourcing Entertainers & looking at expanding our cultural program.

Second meeting organised to finalize this month, leaving room for more ideas for 2018. Very busy times ahead for us.

Staff surprised Rose with a birthday cake to celebrate her birthday. "Our" Rose has been with us for 21 years now and is considered a matriarch of Trinity!
A Man with tickets to the Grand Final finds his seat.

As he sits down, a man comes down and asks if anyone is sitting in the seat next to him. “No” he says.

“That’s incredible,” said the stranger. “Who in their right mind would have a seat like this for the AFL Grand Final and not use it?”

“Well, actually, the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first Grand Final we haven’t been together since we got married in 1967”

The stranger replies: “Oh … I’m sorry to hear that. That’s terrible. Couldn’t you find someone else—a friend or relative, or even a neighbor to take the seat?”

The man shakes his head. “No, They’re all at the funeral”.

*Joke sent in by George Vorlicek—Thank You George—woof woof*
Big Birthday Wishes to our following Elders coming up in October 2017

Jean McD. 5th
Gwen H. 13th
Beverley N. 9th
Cliff R. 20th

Happy Birthday to Shirley who celebrated with her husband Greg & wonderful Care Staff.

Happy Birthday Wishes to Ian who celebrated with his sister Peta & other Elders during Classical Music Appreciation.
Trinity Manor has an active Health and Safety Program and has systems in place to identify and eliminate/control hazards. If an elder or visitor identifies a hazard please inform staff verbally or complete an Improvement Form for us to follow up. Please ensure your own safety and that of other elders and staff by being mindful of closing doors behind you.

Staff have been trained for emergency procedures. In the event of an emergency, for example fire, follow staff's instructions. Emergency practice drills are conducted each year. You may be asked if you would like to participate.

Trinity Manor is well protected with its advanced and extensive fire detection and fire-fighting installations. However, it is recommended that you familiarise yourself with the fire exit locations.

If you hear fire alarm sounding, please await instructions from a staff member.

**Please remember in the event of a fire:**

- **DO NOT USE THE LIFTS**
- **REMAIN CALM**
- **PRESS THE NURSE CALL BUTTON TO ATTRACT THE ATTENTION OF A STAFF MEMBER**

**If you are evacuated, please:**

- **Remain calm**
- **Leave all belongings behind you**
- **Follow the instructions of the staff member**
- **Go to the designated assembly area and await further instructions**
- **Any visitors or family with an Elder at the time of a Fire or Emergency are also requested to remain in your room and await instructions from staff to ensure an ordered response to emergency procedures.**

Please note, for Nursing Only Queries:

Direct Phone number for Care Manager Ground Floor is 9091 5244

Direct Phone number for Care Manager First Floor is 9091 5299

Main Reception Number for all other General Enquiries is 9091-5200

**BOOKING OF CAFÉ WESTBURY**

It is wonderful to see families celebrate special occasions with their Elder. As a reminder to everyone, for 3 or more people, we do require you to use the Café Area and fill a booking form. You can have our wonderful Chef prepare food for you or you can bring in your own delights.

This is for the convenience towards other Elders whilst they go about their day to day activity.

So please, for 3 or more people celebrating, we do ask you to book and use the Café Area; note this does incur a cleaning charge.

For a booking form just ask Joseph Chacko or Lifestyle Staff who will be able to organize one to be either e-mailed or collected.

**VISITORS SIGN IN BOOK**

**LOCATED AT RECEPTION**

Visitors are reminded that ALL visitors need to sign the visitor’s book on your way IN and OUT of the facility. Not only will this enable us to account for everyone in the case of an emergency, such as fire, but it is an OH&S requirement. The book is located in the entrance foyer.
We love to see relatives and visitors join Elders for a meal.

However, a reminder for you—please remember that we require you to order your meal a minimum of 2 hours prior to a Lunch or Dinner Meal and collect a Meal Voucher to present to catering staff. You can book days ahead too!!

All Elders are served their meals first then those that have pre-ordered their meals.

In not ordering prior to a meal we cannot guarantee that there will be a meal there for you and hence cause disappointment.

Please help us to enable you to have an enjoyable meal at Trinity Manor

ELDERS OUTINGS & HOME VISITS

When Elders relatives organize to take their loved one home or out for outings, it is important to please let the Care Manager know for our information so that they can assist you in any particular needs and provide any medications required.

Elders must be signed out whenever they leave the facility and signed back when you return.

See Care Manager for appropriate form based in Elders file.

FOOD BROUGHT IN:

If visitors bring food for the Elders, please see the Care Manager first, as specific forms in Elders files must be completed. High Risk foods like meat, fish and dairy will be discarded if not eaten immediately.

Cooked food brought in, again, must be eaten immediately and cannot be stored.

Non-perishable items such as biscuits, must be in a sealed container, labeled and must be dated if kept in the Elders room.

We ask Visitors not to give brought in food to other Elders not only because of the food safety requirements but because the resident may have a medical condition or allergies that may prevent them from eating the food including the possibility that they may choke.
Rosemary de Brissac Dobson, AO

(18 June 1920 – 27 June 2012)

was an award-winning Australian poet, who was also significant as an illustrator, editor and anthologist. She published fourteen volumes of poetry, was published in almost every annual volume of Australian Poetry and has been translated into French and other languages.

The Judges of the New South Wales Premier's Literary Awards in 1996 described her significance as follows: "The level of originality and strength of Rosemary's poetry cannot be underestimated, nor can the contribution she has made to Australian literature. Her literary achievements, especially her poetry, are a testament to her talent and dedication to her art.

At the age of 21, Dobson went to Sydney to study English at the University of Sydney as a non-degree student; she also studied drawing with artist Thea Proctor. From 1941, she began regularly contributing her poems to leading Australian newspapers and literary journals, especially the Bulletin and Meanjin Papers, and in 1944 published her first collection of poetry, In a Convex Mirror, with the Sydney bookseller Dymocks. Her early poetry often reflected her strong interest in European art history and the visual arts more broadly. In the early 1940s, Dobson joined the leading Sydney publisher Angus & Robertson as an editor, beginning a long career there. During the 1940s, she established friendships with a number of literary figures including Douglas Stewart, Beatrice Davis, Nan MacDonald, the artist and writer Norman Lindsay, and poet Francis Webb. Meanwhile she continued to publish and further her reputation as a poet. Her second poetry collection, The Ship of Ice: with other poems, was published by Angus & Robertson in 1948, and attracted significant critical acclaim.

In 1951, Dobson married a fellow book editor, Alec Bolton, and over the following decade the couple had three children. Dobson continued to write and publish her poems in the press, and her third collection, Child with a Cockatoo and Other Poems, was published in 1955. Her next major collection, Cock Crow, appeared a decade later in 1965.

In 1966, Alec Bolton was appointed as Angus & Robertson's London editor, and the family went with him to England. While there, Dobson pursued her interest in art, and travelled frequently in Europe, including through Greece, where her sister Ruth worked at the Australian Embassy. On their return to Australia in 1971, Bolton was appointed to a position at the National Library of Australia, and the family settled in Canberra. In Canberra, Dobson enjoyed the resources of the National Library, and formed new literary friendships, including with David Campbell, with whom she collaborated in the publication of a collection of translations from Russian poets, Moscow Trefoil (1975), and a further collection of 'imitations' (Seven Russian Poets, 1979).
In 1972 Alec Bolton founded the Brindabella Press, a small press devoted to fine printing. Although not directly involved in the work of the press, Dobson took great pleasure in its work and in the enhanced connections she and Bolton had with a number of major poets whose work was published with the press, including Campbell, R.F. Brissenden, James McAuley and A.D. Hope. She continued to regularly publish her own work, which attracted increasing critical attention and praise. She was given the FAW Christopher Brennan award in 1978, after the publication of Over the Frontier: poems (1978), and her 1984 collection *The Three Fates and Other Poems* won the Grace Leven Poetry Prize and was co-winner of the C. J. Dennis Award for Poetry.

Rosemary Dobson's contribution to Australian literature has been recognised by the award of a number of major honours: she received the Order of Australia (AO) in 1987, the Patrick White Award in 1994, an Honorary Doctorate from the University of Sydney in 1996, and was the subject of a National Library of Australia 'Celebration' in 2000. Rosemary Dobson produced 577 poems in her lifetime.

In a Café

From book: *Collected poems*

She clasps the cup with both her hands;
Over the rim her glance compels;
(A man forgets his hat, returns
The waitress leans against the shelves)
And Botticelli, painting in the corner,
Glances absorbed across a half-turned shoulder,
Thinking of lilies springing where she walks
As now she rises, moves across the room.

(The yawning waitress gathers up the stalks,
The ash, the butt-ends and the dregs of Tea)
Pausing between the gesture and the motion
Lifting her hand
He limns her in an instant, always there
Between the doorway and the emphatic till
With waves and angels, balanced on a shell