Trinity Manor
APRIL NEWSLETTER 2017

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Happy Easter
May your Easter basket be full of Joy, Happiness & Peace
Today & Always!
Hello Everyone,

Busy Busy Busy—is what the month of March proved to be. We had a few exciting spontaneous occurrences. A lovely phone call was received from OLGC Primary School who wished to bring 60 children, 7-8 years of age, to complete their Term project of looking into their Family tree. We agreed to split the group in two and have the group visit us twice. This intergenerational program proved to be of magical proportions with children and Elders discussing aspects of their background.

Following this was the ability to host 33 Cub’s from 1st Balwyn Scout group for an evening intergenerational program. Ages of the children were between 7-10 years of age. Starting at 7.00pm we learnt more of the Scout groups and had a lot of fun conducting physical activities.

High Tea with an Autumn Theme proved to be quite popular, Cinzia put considerable effort into the afternoon.

Another feature was a Three Day Film Festival which Josh had spent months preparing and with the help of Volunteers this event was also popular amongst Elders. I have to add, I am very fortunate to have such a dedicated team in Josh, Cinzia and Michelle who provide such a vibrant activity program.

Now onto April—we have had requests for more visits with animals and to provide Pet Therapy. It has been a journey to identify a Therapy Dog, but working in partnership with Delta Therapy Dog group we welcomed Huxley, the Golden Retriever into our home, along with his handler Glenda. They are already forming close bonds with everyone, especially Elders whose health proves challenging. Huxley seems to constantly have a smile on his face that lifts everyone’s spirits. Please stop to say hello when you meet them.

Easter is upon us shortly and although we do get excited by the commercial aspect of the celebrations we have been respectful to Elders and Family who also follow the religious meaning of Easter. Father Jacob will visit with a special mass, Josh and his wife Bec have volunteered to visit on a Sunday to provide Hymns and Religious prayers for Lent. Our Volunteers, the friendly duo of Craig & Toni will visit on Good Friday to provide Gospel Discussions which are non denomination.

Dave—our new Volunteer Bus Driver has come back from holidays and you will get to meet Dave in next month’s newsletter along with other Volunteer profiles during the year. Dave is available most Thursdays to drive the bus and Elders to destinations around Melbourne.

Kath—is another new Volunteer who has taken on the responsibility in organizing a Football Tipping Competition for 2017. Thank you Kath!

Steve from Senior Style is back by popular demand. Steve sells appropriate clothing for Elders, both men & women, including Jewellery. Steve is very helpful having worked within the Aged Care industry for many years as a Carer, moving into the sale of clothing, all which you will find are very reasonably priced.

Also occurring in April is ANZAC Day—this is such an important date on the yearly calendar and again I will be hosting a Morning service which everyone is welcome to attend. Thank you to the ladies who assisted with making poppies for the day for us to wear.

We are able to update you that we have recently made an appointment of a new Site Manager, Charles. Charles is very approachable and we will get to know a bit more about him in next month’s newsletter.

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. How to do this? You can contact me directly by telephone or email & Attention Jessie to email@trinitycare.com.au or alternatively fill out an Improvement Form which is located in reception, near the sign in book. We hope you enjoy the April newsletter.

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team
Recreational Activities in April 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 1st Floor from 9.30 til 4.00pm
Suitable Activities offered in Garden Court from 9.30 til 11.30am—3.15 til 4.00pm

Genazzano Students Visit this School Term

3rd April – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
3rd April – Omega Potts—Music Therapy—1.30-2.15pm—1st Floor
3rd April—Bus Outing—Afternoon Tea in the Park—1.30pm—3.00pm
4th April – Fran Beauty Therapist here today—Everywhere
4th April – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
4th April—Book Reading with Chris—Volunteer—1.00pm—2.30pm—Reflection Room
5th April – Hairdressers here today – Beauty Salon—Lower Ground Floor
5th April – Huxley—Delta Therapy Dog—Visits Everywhere Today
5th April—Gym Group with Physio – 10.30 – 11.30am in Gymnasium
5th April – Craft—Making Poppies for ANZAC Day—1.30—2.30pm—1st Floor
5th April—Bus Outing—Lunch at Wattle Park Chapel—11.30am—2.30pm
6th April - Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
6th April—Trivia & Quiz – 1.30 – 2.30pm – Reflection Room
6th April—Catholic Mass with Father Jacob—3.00pm—Reflection Room
7th April – Denise – Clinical Masseuse Here Today
7th April —Tai Chi—10.30am—11.30am—Reflection Room
7th April — Knit n Natter Group with Volunteers—2.00—3.00pm—Reflection Room
6th April—Hymns & Bible Discussions with Josh & Bec (Volunteers) - 2.00pm—3.00pm—Reflection Room
10th April — Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
10th April – Movie of The Week—Special Showing of Easter Parade—1.30—3.30pm—Reflection Room
11th April —Elders/Relatives Meeting—10.30am—1130am
11th April — Gym Group with Physio – 10.30 – 11.30am in Gymnasium
11th April—Dawn Quick & Y Entertainers—Vaudeville Review—1.30pm—2.30pm—Lower Ground Floor
12th April – Hairdressers here today – Beauty Salon—Lower Ground Floor
12th April – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
12th April—Huxley—Delta Therapy Dog—Visits Everywhere Today
12th April—STAFF MEETING—12.30pm—2.30pm
12th April—Catholic Communion—3.30—4.00pm—Reflection Room
13th April—Carpet Bowls with Janine (Volunteer) - 10.30am—11.30am—Lower Ground Floor
13th April—Bus Outing—Morning Tea in the Park—10.00am—11.30am
13th April—Classical Music Appreciation with Peta (Volunteer) - 1.30pm—3.00pm—Reflection Room
Recreational Activities in April 2017

♦ 14th April – GOOD FRIDAY—PUBLIC HOLIDAY TODAY
♦ 14th April— Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 15th April—EASTER SATURDAY—PUBLIC HOLIDAY TODAY
♦ 16th April—EASTER SUNDAY—HAPPY EASTER EVERYONE
♦ 17th April—EASTER MONDAY—PUBLIC HOLIDAY TODAY
♦ 18th April—Chicken Hatching Program arrives at 9.00am for 2 Weeks—1st Floor
♦ 18th April—Fran Beauty Therapist Here Today
♦ 18th April—Sean—Podiatrist Here Today
♦ 18th April—Gym Group with Physio—10.30 – 11.30am in Gymnasium
♦ 18th April—High Tea with Jessie—2.00pm–3.00pm—Reflection Room
♦ 19th April— GYM GROUP WITH PHYSIO—10.30 – 11.00am in Gymnasium
♦ 19th April— Hairdressers here today – Beauty Salon
♦ 19th April— Huxley—Delta Therapy Dog—Visits Everywhere Today
♦ 19th April— Quiz Group—2.00pm–3.00pm—Reflection Room
♦ 19th April— Catholic Communion—3.30 – 4.00pm – Reflection Room
♦ 20th April — Carpet Bowls with Janine—Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 20th April — Movie/Documentary of the Week—1.30pm–3.30pm—Reflection Room
♦ 20th April—Bus Outing—Afternoon Tea—1.30pm–3.00pm
♦ 21st April— Denise—Clinical Therapist Here Today
♦ 21st April— Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 21st April— Knit n Natter Group with Volunteers—2.00–3.00pm—Reflection Room
♦ 21st April— Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 24th April — Bingo with Sarah—Volunteer – 10.30 – 11.30am – Reflection Room
♦ 24th April— Treble Tones Choir Here—1.30pm–2.30pm—Reflection Room
♦ 25th April — ANZAC Morning Service with Jessie—Commencing at 11.15am—Reflection Room—PUBLIC HOLIDAY
♦ 26th April — Gym Group with Physio—10.30 – 11.00am in Gymnasium
♦ 26th April— Hairdressers here today – Beauty Salon
♦ 26th April— Huxley—Delta Therapy Dog—Visits Everywhere Today
♦ 26th April— Special ANZAC Documentary—Albert Jacka/Nurses & Doctors at Gallipoli—1.15–3.30pm—Reflection Room
♦ 26th April— Catholic Communion—3.30 – 4.00pm – Reflection Room
♦ 27th April — Carpet Bowls with Janine (Volunteer) – 10.30 – 11.30am – Lower Ground Floor
♦ 27th April— Steve from Senior Style Here This Afternoon—Sales of Clothing for Men & Women—1.30pm onwards—Lower Ground Floor
♦ 28th April — Denise—Clinical Therapist Here Today
♦ 28th April — Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 28th April — Leathermaking Workshop with Peter—2.00–4.00pm – Reflection Room
♦ 28th April — Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
Ken was warmly welcomed to entertain for us, Ken plays an assortment of instruments and certainly brought his array of music with him. He is a talented entertainer who is skilled in playing the Guitar, Banjo, Ukulele, Mandolin and Mouth Organ. Audience participation added to a special afternoon.
A journey for afternoon tea on a bright Autumn afternoon was in order. We decided to visit the Linger Patisserie in Bowen St, Camberwell. It was an absolute taste explosion. We learnt that Yulin who is the owner of the café is also an Australian renowned Patisserie Chef.

Yulin came 3rd in the Savour Patissier of the Year competition a few years ago. The Savour Patissier of the Year competition showcases creations of talented pastry chefs from around the world and recognize the best of the best. All delectable cakes & slices are made on the premises.

Armed with this information we just had to organize tasting shared plates of some of her creations.
Oh and we have to tell you about the most divine cake EVER !! Yulin has created a Watermelon slice and she graciously gave us all a taste—complimentary by the way.

We all agreed—it is out of this world !! Something once in your life you need to experience. All voted to visit again—and soon—next time for lunch & cake !

All Elders highly recommend that you visit this Café—it is well worth a visit.
Begosh and Begorrah—St Patrick’s day was a 2 day affair as we celebrated the day before St Patrick’s day with this cultural event. Claire was enigmatic in her performance and we were fascinated in how she transports her Harp and tuning it up. Then it was onto the songs we know and some new ones we learnt. Claire has won award Internationally for her Irish Singing.

On the second day we had the wonderful junior Irish Dancers from O’Conner School of Irish Dancing showcase their winning style. The children after St Patrick’s Day will be off jetting off to the International Irish Dancing Competition—fingers crossed for them!

Josie caught up with the children, who are part of her family.

Comora loved being surrounded by the children and looking at their amazing costumes, all hand sewn!
Lovely to have our friends visit. We enjoy catching up with Pastor Andrew and Pastor Sam plus the children who provide Hymn singing that we all enjoy doing together and then companionship afterwards.
Lovely to welcome a visit by Olivia who was our Physiotherapist for many years before going on maternity leave. Olivia brought along her gorgeous new man in her life, Jack who is now 7 months of age. He is a calm little boy and very curious of all the goings on. Another surprise was a visit by Anouk who is 8 months of age and Jessie’s granddaughter, popped in - Jessie as you know is part of the Lifestyle Team.

We had a magical morning of playing, singing, finding out more about little Jack and Anouk with cuddles
A Word(s) from Cinzia.....

‘My Fave Event of the Month’
Autumn finally arrived! . . . Good timing for a High Tea to celebrate. What fun I had shopping at Toscano’s Fruit Shop in Kew. I found the best collection of *Weird and Wonderful* Heirloom fruit and vegetables.

‘Show ‘N Tell’ was a HOOT.

Just the expressions I got from the Elders when I passed around the purple carrots, blue potatoes, orange beetroot, the first chestnuts of the Season that came all the way from Bright, giant hot pink colored pomegranates and mini striped eggplant.

Nobody guessed the walnuts that were hidden in a green outer skin, but as I cut into the skin; the familiar brown shell popped out from a spider web like membrane (almost alien like)! *I got lots of gasps.* Then I offered ‘pepita seeds’ to taste – but they didn’t guess that they were actually pumpkin seeds. The biggest surprise was when I offered the bright purple potato chips for tasting! Not a crumb left in the bowl.

We reminisced about Autumn Drives in the Dandenongs. The Ladies gave me tips on pickling and preserving from the Autumn harvest from their Back-yard Veggie Patch.

I showed some large format photographs of iconic Autumn Vistas. To end my Lecture I showed large prints of famous Autumn themed paintings (one dating back to the 15th Century). I always like to incorporate beautiful art in my Lectures. Whether it be created in Nature or by talented Artists.

So for 'My Finale’ I held up a Beurré Bosc Pear alongside a print of an Old Master Painting - the Elders could appreciate and acknowledge the beauty of both.
This was a specially curated program held over 3 days featuring films from Australia and around the world, including films that have won International Short Film competitions.

Following each short film there was the ability to discuss these films. The third and final day culminated in a workshop, with Elders working on their own story board that will be used when our little friends from Yongala Kindergarten visit us (which is soon).

Thank you to volunteers who assisted Josh over the 3 day period, they brought with them great story telling skills, applause to Chris, Sarah and Nicole. Thank you once again for being part of this Festival.
Our Lady of Good Counsel
Primary School Children Visit

Elders at Trinity Manor are making new friends within the Community all the time. We received a call from OLGC to say that children aged from seven to eight years of age (Years 2 & 3) wished to visit and showcase a Term project around families and family trees. Of course we said yes before we were informed there were SIXTY children who wished to visit!!!

We were able to break the children into two groups of thirty to visit over 2 days.

Elders who were part of this project brought along photos of themselves and their family. To say the “joint was buzzing” is an understatement.

The children had such a great time being with elders, reminiscing and finding out that each generation had something in common, that the children have requested from teachers to return to visit their new found friends living at Trinity Manor!
The Children were interested in Allan’s book about his cricketing days
Even Cinzia showed off her bonnie baby photos!
It was a month of meeting new friends. A random phone call to the local Balwyn Scout group resulted in Sue, Cub Leader supporting a visit to Elders by her Cub’s. 33 children met with Elders on 28th March for an evening intergenerational event.

We organized Activities with the Cubs and learnt more about what they do and the various badges that they receive. With a meet and greet we learnt more about the Cubs. Cub’s ranged in age from 7-10 years of age, once 11 years of age they move to becoming a Scout.

Supper was enjoyed by everyone and brought us closer together.
Onto Activities! - we broke up into 3 groups to enjoy some friendly competition

Archery was especially exciting for all

Bean Bag & Ball Target practice
Thread the Noodle

Bowling!
Elders have asked for more pets to visit Trinity Manor—with that we have formed a relationship with the Delta Dog Therapy program.

Delta Dogs is a world class program is the largest of its kind in Australia with over 1000+ volunteers and their special dogs making regular visits to health care facilities to offer the wonderful benefits of pet therapy, spend time with patients and offer a chat, a floppy ear to listen and a paw to shake.

We welcomed Huxley and his human, Glenda to visit Elders at Trinity Manor. Huxley is a blonde Golden Retriever who will be visiting us weekly on Wednesdays. Huxley visits Elders who are not feeling the best who may be in bed too, so everyone receives a cold nose of appreciation. Please take the time to say hello to Huxley and Glenda who are getting to know everyone and fast becoming part of our family.
Lovely to see Laurel back again to sing the songs we love. Laurel took requests from Elders of songs to sing which they happily joined in with. We never fail to have a good time when Laurel entertains.
A funny thing happened on the way to our Picnic in The Park adventure—the battery of our Bus went caput in the driveway. So with our volunteer bus driver Bev, we turned our upside down smile up again and had our Picnic in our Sensory Courtyard.

We have been taking advantage of some lovely weather, escorting Elders around the vicinity of Trinity Manor. Majorie enjoyed looking at the changes that have occurred in the area.

You may have seen little Gracie, a Therapy Dog in training hanging around. She is owned by Rachel our Receptionist. Poor Gracie, tuck-ered out visiting.

A trial of an activity that we put together in getting to know our Elders in a Reminiscing style game.
Teacher Teacher—Why did the Cyclops have to retire from Teaching?  He only had one pupil!

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What does a monster call knights in armor?  Tinned Food!

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Why did the robot need a manicure?  He had rusty nails!

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What do you get from a nudist pig?  Streaky bacon!

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How does Father Christmas begin a joke?  This one will sleigh you…!

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What did the bull say when he came back from the china shop?  I had a smashing time!

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Why do golfers carry a spare sock? Because they might get a hole in one!

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What has fifty feet but cannot walk?  A tape measure!

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What sort of shoes do frogs wear in summer?  Open TOAD sandals!
### Big Birthday Wishes to our following Elders coming up in April 2017

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
</tr>
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<tbody>
<tr>
<td>Maria L</td>
<td>20th</td>
</tr>
<tr>
<td>Lorli R</td>
<td>28th</td>
</tr>
<tr>
<td>Dawn L</td>
<td>30th</td>
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</tbody>
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Happy March Birthday to Renee who celebrated with her friends at Trinity Manor

Happy March Birthday Charles!

Happy March Birthday also to Morrie who celebrated with family & staff
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 staffs 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 Elders 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:

<table>
<thead>
<tr>
<th>Direct Phone number for Care Manager</th>
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<tbody>
<tr>
<td>Ground Floor is 9091 5244</td>
</tr>
<tr>
<td>First Floor is 9091 5299</td>
</tr>
<tr>
<td>Main Reception Number for all other General Enquiries is 9091-5200</td>
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**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.
**ELDERS & RELATIVES MEETINGS**

A reminder to please put the below dates in your calendar for 2017

All Elders and Relatives are most welcome to attend these meetings and contribute to our continuous effort to make this Home the best place for our Elders to live.

**TUESDAYS**

- 13th June
- 8th August
- 10th October
- 12th December

*Time is 10.30am, held in Lower Ground Floor*

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Another reminder, please check with us for any mail that may have arrived.

Mail addressed to elders is kept in the Nurse’s station, both 1st Floor and Ground Floor areas. Next time you are in just ask one of the staff to check for you.

Deepdene Pharmacy is the Pharmacy Group who supplies all medications. Drop in and see them, they are a friendly group and they are just up the road on the corner of Pretoria St and Whitehorse Road.

For Queries Contact:

9817 2018

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**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.

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**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.

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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
In Flanders Fields

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If we break faith with those who die
We shall not sleep, though poppies grow
In Flanders fields.

John McCrae
December 8, 1915