Warmest Wishes from Management & Staff
Hello Everyone,

Our year is almost over, but not before our December celebrations.

November was full of fun and laughter especially celebrating the Racing Carnival, our Oaks Day Luncheon was enjoyed by Elders who decided to attend for lunch and Entertainment. Some Elders choose to attend Entertainment only, and that works well for them, we are happy to accommodate all comers to our activities.

We finished November with a visit by Sonya from Happy Chicks—May, Charlotte & Rocco certainly had a great time receiving plenty of cuddles, a bit of extra food and love. Their visit was well accepted by Elders, Family, Staff and certainly the children who visited on the day.

Of note was our Remembrance Day Celebrations, it was a somber and respectful morning on 11th November and well attended by Elders. Something to hold again in 2017.

We do have a lot going on, so please take note of our snapshot of what is occurring for the month of December and look out for our Posters that announce what we will have going on.

I do deem ourselves very lucky with a range of Volunteers wishing to spread the Christmas Cheer plus companionship amongst us all. Please join us if you can—we would love to see you here.

Elders / Relatives & Friends Xmas Party—if you are able to attend one of our two Xmas parties, please fill out the Xmas Party booking form and remember to nominate which day you are able to attend, either Thursday 15th or Friday 16th December. As with all our luncheons we should have a fabulous afternoon!

A reminder—should you have the ability to organize to take your loved one out over the Christmas Period, please let us know. It is a busy time for all and especially here at Trinity Manor, giving us prior indication we can organize for Elders to be ready on time for you, medications set aside and assists with Catering.

Xmas Day—we have a sumptuous traditional Xmas lunch organised, if you wish to join us please fill in the booking form which is at Reception. I will need numbers by 9th December—again for catering purposes, we require to order food well ahead of time from the suppliers.

I wish to thank everyone, on behalf of the Lifestyle Team, Care Managers, Care Staff, Consultants and certainly Management for your help, assistance and suggestions in creating a family atmosphere at Trinity Manor where the Elders themselves benefit. Wishing everyone, Happy Holidays, Merry Christmas and certainly a great start to the New Year.

We also wish Josh well as he and the lovely Bec exchange their vows on 10th December, 2016. Josh will be bringing his wedding photos and pictures of his honeymoon in Bali in January for all of us to enjoy—we can hardly wait.

Lifestyle Staff have almost completed 2017 Lifestyle Plans for a calendar of activities, but there is always room for more. 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 December newsletter.

Cheers

Jessie Bainbridge, (Lifestyle Manager)

& The Lifestyle Team
Recreational Activities in November 2016

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 10.00am–1.30 til 2.30pm
Suitable Activities offered in Garden Court from 9.30 til 11.30am–3.15 til 4.15pm

♦ 1st December – Xavier Year 4 Students Visit – 10.00 – 11.30am – Reflection Room
♦ 1st December – Genazzano Students Choir Group - Year 4 & 5 – 2.00 - 3.00pm – Lower Ground Floor
♦ 1st December – Father Jacob – Catholic Mass – 3.00 – 4.00pm – Reflection Room
♦ 2nd December – Denise – Clinical Masseuse Here Today
♦ 2nd December – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 2nd December – Peter – Leather Making Workshop – 2.00-4.00pm – Lower Ground Floor
♦ 2nd December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 4th December – New Life Christian Youth Group – 10.30 – 11.30am – Reflection Room
♦ 5th December – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 5th December – Omega Potts – Music Therapy – 1.30 – 2.15 – 1st Floor Dining Room
♦ 5th December – Book Reading Club with Chris – Volunteer – 1.30 – 3.00pm – Reflection Room
♦ 6th December – Gym Group with Ravi – 10.30 – 11.00am in Gymnasium
♦ 6th December – Peta & Waterford Valley Choir – Xmas Cheer – 1.30 – 2.30pm – Reflection Room
♦ 7th December – Hairdressers here today – Beauty Salon
♦ 7th December – Gym Group with Ravi – 10.30 – 11.30am in Gymnasium
♦ 7th December – Catholic Communion – 3.30 – 4.00pm – Reflection Room
♦ 8th December - Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 8th December – Movie of The Week – 1.30 – 3.00pm – Reflection Room
♦ 9th December – Denise – Clinical Masseuse Here Today
♦ 9th December – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 9th December – Quiz / Mental Aerobics – 1.30 – 2.30pm – Reflection Room
♦ 9th December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 10th December – Activities with Lifestyle – 1.30 – 3.30pm
♦ 12th December – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 12th December – Janet Booth & Friends – Xmas Choir – 1.30 – 2.30pm – Lower Ground Floor
♦ 13th December – Fran – Beauty Therapist Here Today
♦ 13th December – Gym Group with Ravi – 10.30 – 11.00am in Gymnasium
♦ 13th December – Elders/Relatives Meeting – 10.30 – 11.30am – Lower Ground Floor
♦ 13th December – Caitlin – 11 Year Old Flutist – Xmas Concert – 2.00 – 2.30pm – Reflection Room
Recreational Activities in November 2016

- 14th December - Hairdressers here today – Beauty Salon
- 14th December – Gym Group with Ravi – 10.30 – 11.30am in Gymnasium
- 14th December – Staff Meeting – 12.30 – 2.30pm
- 14th December - Catholic Communion – 3.30 – 4.00pm – Reflection Room
- 15th December – News Reading – All Areas This Morning
- 15th December – 1st Elders/Relatives Xmas Party Luncheon – 12.00 – 2.00pm with Rob Foenander
- 16th December – News Reading – All Areas This Morning
- 16th December – 2nd Elders/Relatives Xmas Party Luncheon – 12.00 – 2.00pm with Rob Foenander
- 16th December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
- 17th December – Activities with Lifestyle – 1.30 – 3.30pm
- 19th December – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
- 19th December – Omega Potts – Music Therapy – 1.30 – 2.15 – 1st Floor Dining Room
- 19th December – Book Reading Club with Chris – Volunteer – 1.30 – 3.00pm – Reflection Room
- 20th December – Gym Group with Ravi – 10.30 – 11.00am in Gymnasium
- 20th December – Chinese New Year Craft – 1.30 – 2.30pm – Reflection Room
- 21st December – Hairdressers here today – Beauty Salon
- 21st December – Gym Group with Ravi – 10.30 – 11.30am in Gymnasium
- 21st December – Catholic Communion – 3.30 – 4.00pm – Reflection Room
- 22nd December - Carpet Bowls – 10.30 – 11.30am – Lower Ground Floor
- 22nd December – Movie of The Week – 1.30 – 3.00pm – Reflection Room
- 23rd December – Tai Chi – 10.30 – 11.30am – Reflection Room
- 23rd December – Quiz/Mental Aerobics – 1.30 – 2.30pm – Reflection Room
- 23rd December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
- 24th December – Activities with Lifestyle – 1.30 – 3.30pm
- 25th December – Christmas Day – Public Holiday
- 26th December – Boxing Day – Public Holiday
- 27th December – Fran – Beauty Therapist here today
- 27th December – Gentle Chair Exercises to Music – 10.30 – 11.30 – Reflection Room
- 27th December – Documentary Film – 1.30 – 3.00pm – Reflection Room
- 28th December – Hairdressers here today – Beauty Salon
- 28th December – Gym Group with Ravi – 10.30 – 11.30am in Gymnasium
- 28th December – Reminiscing – 1.30 – 2.30pm – Reflection Room
- 28th December – Catholic Communion – 3.30 – 4.00pm – Reflection Room
- 29th December - Carpet Bowls – 10.30 – 11.30am – Lower Ground Floor
- 29th December – Movie of The Week – 1.30 – 3.00pm – Reflection Room
- 30th December – Tai Chi – 10.30 – 11.30am – Reflection Room
- 30th December – Quiz/Mental Aerobics – 1.30 – 2.30pm – Reflection Room
- 30th December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
A special morning as we held our own Remembrance Day Ceremony. We talked about the significance of Remembrance Day, and watched the screening of the song God Bless Australia and the poem, In Flanders Fields after our Remembrance Day prayer and an excerpt of Paul Keating's Remembrance Day speech, which we learnt is now immortalized in bronze at The Tomb of The Unknown Soldier.

After listening to The Last Post, and observing 1 Minute Silence at 11.00am, then The Rouse being played to signify the Dawn of a New Day, we all went outside to raise the Australian Flag.
OAKS DAY LUNCH

Oaks Day was a big day as we celebrated Racing Carnival Week. This began with our Elders from our Floral Arranging Committee organizing the vases of flowers to put on the tables, then our Craft Group made mini Jockey's hats as another way to decorate the tables. A sumptuous lunch created by our Chef, complete with finger food and wine on arrival, a choice of main meal, delicious chocolate dessert with chocolate ganache (very yummy) and then entertainment provided by our favorite songstress Laurel McKenna highlighted a fun afternoon as these photos will highlight.

Jessie brought in some of her Race Day Hats for all of us to try on—staff had a lot of fun with the various styles.
It’s not just the Ladies that make an effort, lovely to see Rob with his Top Hat on, and Cliff also joins in!
Three lovely bantam chickens came to visit recently and we combined this with a visit by Year 6 Students from Genazzano College. Sonya who owns these 2 lovely ladies, May & Charlotte plus Rocco the Rooster, was very knowledgeable regarding everything chickens for our first hour of presentation. Then it was wandering around visiting Elders who find a big crowd difficult, for a close up cuddle. We learnt so much about chickens and their personalities.

All chickens were dressed in their little nappies for their day at Trinity Manor & for sitting on laps so that no accidents would occur!

Rocco modeling his outfit (below)
One thing we found out—the color of the egg is determined by the color of a chicken’s ears.
An enjoyable evening for Elders as we watched The 2nd Best Marigold Hotel. Jessie brought along her Elephant Wall hanging that was made by a friend of hers. Ravi, our physiotherapist lent us his wedding coat—very elaborately patterned. Cinzia took us on a photographic journey of special parts of India. We had a lot of fun as we saw various area of India via the film, the storyline was funny in parts and the company of others over supper of course was fantastic!!

Stuart models Ravi’s wedding coat (above)
Thank you to Betty (left) who assisted in making our Supper of Sandwiches to go with our Tea/Coffee & Cake at Intermission.
A big appreciation to our ladies who spend time arranging flowers for all of us to enjoy.

These ladies in the group arranged flowers for our Oaks Day Luncheon

Another big thank you to Kathleen, who thoroughly enjoys organising flowers for Trinity Manor & others to enjoy
Peta was outstanding in performing live during our final Classical Music Appreciation afternoon recently. We always enjoy sitting back with a glass of wine and nibbles and let the music wash over us. Thank you Peta for your time in 2016, we are happy to announce that Peta will be recommencing Classical Music Appreciation Afternoon in 2017.
A High Tea was in order to celebrate a wonderful marriage milestone of 70 years together. Shirley & Greg celebrated with their children, other family and friends along with their Trinity Manor friends. We took a trip down memory lane with a DVD of photos of part of their life together. It was a memorable afternoon.
Rhythm of Daily Life

Celebrating with Shirley & Greg their Anniversary

Alison enjoys a visit by one of our furry friends
Cliff accompanied Jessie to the Bird Vet for our two little friends, Perky & Bluebell who were not too well of late.

Sarah—our newest Volunteer—is happy to host Bingo on Monday mornings for us. Welcome to the Team Sarah !!!

Lorli spending time with Josh whose Wedding Day is on 10th December

Raie happy to have her photo taken with Daniel
ONLY FOR THE YOUNG AT HEART:

3 Elderly Gents are out for a walk,  
First one says, 'Windy, isn't it?'  
Second one says, 'No, it's Thursday!'  
Third one says, 'So am I. Let's go get a beer.'

A man was telling his neighbor, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art.. It's perfect.'
'Really,' answered the neighbor . 'What kind is it?'
'Twelve thirty..'

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'
Big Birthday Wishes to our following Elders coming up in December

Bonnie C. 1st
Geraldine F. 14th
Josie B. 23rd
Bev S. 27th

Florence H. 10th
Wilma M. 22nd
Helen D. 25th

Margot celebrated with her husband, daughter & staff. Hiran assists Margot with the cake.

Barbara celebrates with her daughters with a glass of bubbly & cake.
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:

**Direct Phone number for Care Manager**

Ground Floor is 9091 5244

First Floor is 9091 5299

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

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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.

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**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.

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

Elders may 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.
T.S. Eliot was a British essayist, publisher, playwright, literary and social critic, and "one of the twentieth century's major poets". He moved from his native United States to England in 1914 at the age of 25, settling, working, and marrying there. He was eventually naturalised as a British subject in 1927 at the age of 39, renouncing his American citizenship.

Eliot's childhood infatuation with literature can be ascribed to several factors. Firstly, he had to overcome physical limitations as a child. Struggling from a congenital double inguinal hernia, he could not participate in many physical activities and thus was prevented from socialising with his peers. As he was often isolated, his love for literature developed. Once he learned to read, the young boy immediately became obsessed with books and was absorbed in tales depicting savages, the Wild West, or Mark Twain's thrill-seeking Tom Sawyer. In his memoir of Eliot, his friend Robert Sencourt comments that the young Eliot "would often curl up in the window-seat behind an enormous book, setting the drug of dreams against the pain of living.

Following graduation, Eliot attended Milton Academy in Massachusetts for a preparatory year, where he met Scofield Thayer who later published The Waste Land. He studied philosophy at Harvard College from 1906 to 1909, earning his bachelor's degree after three years, instead of the usual four. After working as a philosophy assistant at Harvard from 1909 to 1910, Eliot moved to Paris where, from 1910 to 1911, he studied philosophy at the Sorbonne.

For a poet of his stature, Eliot produced a relatively small number of poems. He was aware of this even early in his career.

**Most memorable of his works is Old Possum's Book of Practical Cats**

In 1939, Eliot published a book of light verse, Old Possum's Book of Practical Cats ("Old Possum" was Ezra Pound's nickname for him). This first edition had an illustration of the author on the cover. In 1954, the composer Alan Rawsthorne set six of the poems for speaker and orchestra in a work entitled Practical Cats.

After Eliot's death, the book was adapted as the basis of the musical Cats by Andrew Lloyd Webber, first produced in London's West End in 1981 and opening on Broadway the following year.

As of 2016, Cats is the fourth-longest-running show in Broadway history, and was the longest running Broadway show in history from 1997 to 2006 when it was surpassed by The Phantom of the Opera. Cats is the fourth-longest-running West End musical. It has been performed around the world many times and has been translated into more than 20 languages. In 1998, Cats was turned into a made-for-television film.