Royal Exhibition Building

The Exhibition Building and Carlton Gardens were completed in 1880 for Melbourne’s first international exhibition, a product of the optimism, enthusiasm and energy of the people of Melbourne in the late-19th century.
Hello Everyone,

Is it just me or did January seem to fly by incredibly fast, or is it I am getting older? We had a lot of fun times in January commencing with our Elvis impersonator who was sensational. We laughed so much and sang to popular songs. We have also been taking advantage of some of the sunshine and conducting various activities in the courtyard whilst getting some Vitamin D.

Bev our new Volunteer Bus Driver took the first of Elders out for a coffee. Thank you to Bev who will drive the bus to various destinations on a monthly basis, always supported by a Lifestyle Team member.

Speaking of the Bus we have been advertising for a bus driver to join Trinity Manor on the payroll for 1 day per week. We have had minimal interest at this stage and we put this down to January holidays. We will keep you updated on the progress. Again though, networking seems to work well so please put the word out for us. Our process will be to meet first, then conduct a formal interview.

For 2017 we will be increasing our High Tea's offered due to a request from Elders. We love taking our cue from Elders, hence there has been many planned for 2017.

Lifestyle has a request—since High Tea has become popular we are seeking donations of China Tea Cups & Saucers, including old table cloths. This will assist us in setting up a Windsor style High Tea. Please see Cinzia for donations. We are seeking a Volunteer to help on these days.

Apart from celebrating Australia Day we have celebrated Chinese New Year with making sweet dumplings, plus a cooking demonstration and eating Chinese meal for lunch. The afternoon was learning more of the Chinese culture. Thank you to Michelle for organizing this celebration. Unfortunately we will not be able to feature some photos of this activity until the following month due to time restrictions in getting your newsletter published.

Josh will be trialing a new activity of Soap Carving in February, we will evaluate this activity over the next couple of months to determine whether Elders are interested in this style of activity, again we will keep you updated.

Jennie, our Site Manager has a new process for labelling of clothes and other items brought in. This will assist in identifying these items in a smoother process. Please refer to page 15 to read this process, so far we have had a positive response from family members and staff.

Our Valentine’s Day Lunch will soon be upon us, don’t forget to book yourself in if you are able to attend. As most of you know we have a great time at our luncheons.

There is also the first of the Elders & Relatives meeting scheduled for the first week of February. Please refer to what is on for the month for dates. Please be aware that we do so much Activity wise, especially in keeping with our Eden Philosophy principle of spontaneity, that at times it is not featured on the list.

Please remember to look out for our Weekly Activities Planner to see what is happening for the week 000 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 February newsletter.

Cheers

Jessie Bainbridge, (Lifestyle Manager)

& The Lifestyle Team
Recreational Activities in February 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

♦ 1st February – Hairdressers here today – Beauty Salon
♦ 1st February – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 1st February – Catholic Communion – 3.30 – 4.00pm – Reflection Room
♦ 2nd February – Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 2nd February – Movie of The Week – 1.30 – 3.00pm – Reflection Room
♦ 3rd February – Denise – Clinical Masseuse Here Today
♦ 3rd February – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 3rd February – Leathermaking Workshop with Peter – 2.00—4.00pm—Lower Ground Floor
♦ 3rd February – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 6th February – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 6th February – Omega Potts – Music Therapist – 1.30—2.15pm—1st Floor Dining Room
♦ 6th February – Book Reading Club with Chris – 1.30—3.00pm—Reflection Room
♦ 7th February – Fran – Beauty Therapist Here Today
♦ 7th February – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
♦ 7th February – Elders/Relatives Meeting – 10.30 – 11.30am – Lower Ground Floor
♦ 8th February – Hairdressers here today – Beauty Salon
♦ 8th February – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 9th February – Denise – Clinical Masseuse Here Today
♦ 9th February – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 9th February – Knit n Natter Group with Volunteers – 2.00—3.00pm—Reflection Room
♦ 9th February – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 13th February – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 13th February – Floral Arranging Group – 1.30—3.30pm—1st Floor Dining room
♦ 14th February – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 14th December – News Reading – All Areas This Morning
♦ 14th February – VALENTINE’S DAY LUNCHEON WITH SARAH LANDY—ENTERTAINER—12.00n—2.00pm—Lower Ground Floor
♦ 15th February – Hairdressers here today – Beauty Salon
♦ 15th February – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 15th February – Movie of the Week
Recreational Activities in January 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

♦ 16th February - Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 16th February—Catholic Mass with Father Jacob—3.00—4.00pm—Reflection Room
♦ 17th February—Denise—Clinical Therapist Here Today
♦ 17th February – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 17th February – Quiz/Mental Aerobics – 1.30 – 2.30pm – Reflection Room
♦ 17th February – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 20th February – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 20th February – Omega Potts – Music Therapy – 1.30 – 2.15 – 1st Floor Dining Room
♦ 20th February – Book Reading Club with Chris – Volunteer – 1.30 – 3.00pm – Reflection Room
♦ 21st February— Fran – Beauty Therapist here today
♦ 21st February—Gym Group with Physio—10.30—11.00am in Gymnasium
♦ 21st February—Soap Carving Activity with Josh—1.30—3.00pm
♦ 22nd February – Gym Group with Ravi – 10.30 – 11.00am in Gymnasium
♦ 22nd February – Hairdressers here today – Beauty Salon
♦ 22nd February – Catholic Communion – 3.30 – 4.00pm – Reflection Room
♦ 23rd February - Carpet Bowls – 10.30 – 11.30am – Lower Ground Floor
♦ 23rd February—Classical Music Appreciation with Peta - 1.30—2.30pm—Reflection Room
♦ 24th February —Denise—Clinical Therapist Here Today
♦ 24th February – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 24th February—Knit n Natter with Volunteers—2.00—3.00pm – Reflection Room
♦ 24th February – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 27th February – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 27th February—KEN WATERS—ENTERTAINER—1.30—2.30pm—Lower Ground Floor
♦ 28th February— Gym Group with Physio—10.30—11.00am in Gymnasium
♦ 28th February—Bus Outing with Bev (Volunteer) - Morning Tea in Local Park—Boarding Bus at 9.15am
♦ 28th February—Arm Chair Lecture with Cinzia—1.30—3.00pm—Reflection Room
A thank you to Michelle who outlined a special day for Chinese New Year, the morning began with making some sweet dumplings that is significant to Chinese New Year. Then onto a cooking demonstration of how to make San Choi Bow, which we then ate all on offer complete with Chinese Tea.

The afternoon was spent talking about the Chinese Culture. Michelle brought in traditional Chinese clothing before we then settled on a special documentary, which highlighted the significance of Chinese New Year and its calendar, life in a village and learning about the Great Wall of China. It was an interesting day learning more about other cultures.
Now comes the eating part with a traditional thank you for the food we are about to eat.

Mains were lovely, then onto our beautiful dessert that we made of sweet dump-
Anyone For Tennis?

Melbourne has the Australian Open not to be confused with the Trinity Manor Tennis Open. This was held recently and was well supported by various Tennis Athletes. We truly had so much fun and laughter throughout the afternoon that time got away with us—we did not notice the almost 3 hours at Trinity Centre Court !!!

Trinity Manor  8-14 Pretoria Street, Balwyn, 3103 PH:9817-2838
Our Winners Are:

Joint 3rd Place
Helen (left) & Pat (right)
Well Done Ladies!

Congratulations to 2nd Trophy winner & Runner Up
Stuart!

1st Place Trophy Winner Of Trinity Manor Tennis Cup
Renee!!!
G’Day Mate — Australia Day has a lot of meaning for all of us at Trinity, regardless of what cultural background we come from. Brent Parlane provided the entertainment singing good old fashioned Australian classics and others.

A lovely afternoon tea of mini pies with tomato sauce finished off our great afternoon together.
Rhythm of Daily Life

With Summer we have been getting into more physical activities.
Bumping into Maureen, just back from the Hairdressers. She looks gorgeous

Sandra helping us collect some flora from our Sensory Garden.

A few of us visited the Le Flaneur in Hawthorn which translates to “The Wanderer”
The food was fabulous by the way!
Faye (above) - Raie (obviously sticking the tongue out helps) & Margot (right), help out in a special Art Project—sorry it is secret, all will be revealed later!

Morrie lends a hand. Josh brought along an old remote control car.

Morrie helps us out in getting it going for us.
To All Family Members,

In order to improve our laundry service for your loved one, we wish to introduce you a new system when you provide us with new clothes for labeling.

All new clothing will be recorded in a Record Book that is kept at Reception.

Please give any new clothing for labeling to the Care Manager who will complete the Record/Receipt Book.

1. Record the Elders Full Name and Room Number on the top of the form.
2. Record precisely the type of clothing (ie. a pink shirt) and the number of each of these items (ie. 3 pairs of underpants)
3. Record the name of the staff member completing the form.
4. The elder or family member is required to sign the form.

On completion the Care Manager will provide you with:

1. The top original copy to be given to the elder of family member providing the clothes for labeling.
2. The second copy is to be attached by staples to the bag containing the clothes and sent to the Laundry for labeling.
3. The third and last remaining copy stays in the Record Book for our records.

If you have any future concerns, or suggestion, please let us know.

Kind Regards

Jennie Somerville |
Site Manager
Hello and welcome to —Carl’s Comic Corner

For any jokes please send to Jessie from Lifestyle—
jessiebainbridge@trinitymanor.com.au

Kids say the darnest things......

“My dad used to be rich, but then he married my mom.”

What is a vibration?

There are good vibrations and bad vibrations. Good vibrations were discovered in the 1960s.

What ended in 1896?

1895
Big Birthday Wishes to our following Elders coming up in February 2017

Dr. Cam 2nd (turning 107 years young)
Alison P 13th
Stuart W 17th
June M 17th
Barbara 20th

Blanka celebrates her birthday with her husband, George by her side and Elders.

Marj also celebrates her birthday with staff and her friends at Trinity Manor.
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.
**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**

- 7th February
- 11th April
- 13th June
- 8th August
- 10th October
- 12th December

_Time is 10.30am, held in Lower Ground Floor_

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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**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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**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.
Friendship is all about understanding. It is all about forgiving. It is all about fighting and then finding it so hard to stay angry. Moreover it is about loving unconditionally.

Happy Valentines day my friend.