Trinity Manor
JULY NEWSLETTER 2017

NAIDOC WEEK
2ND TO 9TH JULY, 2017
Hello Everyone,

A week of all things Italian was a great hit with Elders as we learnt more about the Italian culture. Commencing with a High Tea in the Café to recreate that Italian theme we had well researched information about Italy. Mike entertained us with some popular Italian songs we all know and included a takeaway Pizza Luncheon. Lovely to do something so different.

Keeping on our Cultural Theme—the last two pages of our Newsletter highlights the café & milkbar culture that was introduced into Australia by the Greek community (Yassou!)

We will follow our Cultural Theme into July as we honor our Indigenous community in NAIDOC Week commencing 3rd July. Cinzia will commence with an Armchair Lecture with Josh introducing us to Aboriginal Bark Painting during the week. Here in the Boorondara area we honor the traditional owners of this land Wurundjeri people (Woi wurrung)

Thank you to family & volunteers who were able to make the Dementia Training Workshop. Feedback highlighted a lot of people learnt something new about Dementia and assisted in learning more in how to liaise with Elders. I understand that there were people who were unable to attend, I am more than happy to look at hosting another Workshop, possibly in the evening. If I receive enough interest I will be able to organize this for you. Please contact me.

FLU SEASON UPON US: A reminder that we have entered the Flu season. For the health and wellbeing of Elders living at Trinity Manor and Staff who assist in the care of Elders, should you be experiencing a sniffle, sneeze, runny nose, high temperature we ask you to consider others by deferring your visit should you have any flu symptoms. Please stay home to avoid infecting others.

Another aspect of winter is dehydration and this can creep up on you during the winter months. As we age we are at a greater risk of dehydration. At Trinity Manor we encourage our Elders to drink more fluids during this time. With heaters on, extra layering of clothing and without a trigger to make us believe we are thirsty it is easy to become dehydrated. All Elders are being offered extra fluids throughout the day and evening to combat the risk of dehydration.

VOLUNTEER VACANCIES:

Our regular Bingo Volunteer has had to resign due to personal reasons and we are now on the look out for a weekly Bingo Caller to Volunteer.

Also vacant is a second person to assist our volunteer Janine on Thursday mornings for Carpet Bowls. If you wish to learn more, please do not hesitate to speak to Jessie for a non obligatory sit down over a coffee (my shout!)

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 too and give us a big like! We hope you enjoy the June newsletter.

Cheers, Jessie Bainbridge,

(Lifestyle Manager) & The Lifestyle Team
Recreational Activities in JULY 2017

FULL DETAILS ARE LISTED ON — WEEKLY LIFESTYLE ACTIVITY PLANNERS— ON BULLETIN BOARDS IN EACH AREA—AND SPECIAL EVENT POSTERS PLACED AT RECEPTION

Suitable Activities offered in 1st Floor from 9.30 to 4.00pm
Suitable Activities offered in Garden Court from 9.30 to 11.30am — 3.15 to 4.00pm

♦ MONDAY 3rd - Bingo – 10.30 – 11.30am – Reflection Room
♦ MONDAY 3rd - NAIDOC Week - Armchair Lecture with Cinzia 1.30pm—Reflection Room
♦ TUESDAY 4th - Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ TUESDAY 4th - Book Reading Group with Chris Satori —1.30—3.00pm—Reflection Room
♦ WEDNESDAY 5th - Hairdressers here today – Beauty Salon—Lower Ground Floor
♦ WEDNESDAY 5th - Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ WEDNESDAY 5th - 'Huxley’ Delta Therapy Dog—visiting all areas
♦ WEDNESDAY 5th - Claire Dubery Entertains Us With Her Unique Voice—1.30—2.30pm
♦ THURSDAY 6th - Carpet Bowls with Janine (Volunteer) - 10.30am—11.30am—Lower Ground Flr.
♦ THURSDAY 6th - Aboriginal Bark Painting Workshop with Josh—1.30-2.30pm—Café Westbury
♦ THURSDAY 6th - Catholic Mass with Father Jacob—3.00pm—Reflection Room
♦ FRIDAY 7th - Tai chi—10.30am—11.30am—Reflection Room
♦ FRIDAY 7th - Leather Workshop with Peter
♦ FRIDAY 7th - Gospel Discussions – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ FRIDAY 7th - Evening at the Movies—Showing “Brooklyn” - 6.00pm for 6.15pm—Reflection Room + supper
♦ MONDAY 10th - Bingo – 10.30 – 11.30am – Reflection Room
♦ MONDAY10th - Documentary 1.30pm—Reflection Room
♦ TUESDAY 11th - Gym Group with Physio – 10.30 – 11.00am in Gymnasium
♦ TUESDAY 11th - Staff Meeting—12.30pm — 2.30pm
♦ TUESDAY 11th - Book Reading Group with Chris Satori —1.30—3.00pm—Reflection Room
♦ WEDNESDAY 12th - Hairdressers here today – Beauty Salon
♦ WEDNESDAY 5th - Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ WEDNESDAY 12th - ‘Huxley’ Delta Therapy Dog visiting all areas
♦ WEDNESDAY 12th - Josh ‘Fitness & Fun’ Class—2pm—3.00pm Reflection Room
♦ WEDNESDAY 12th - Catholic Communion —3.30pm—Reflection Room
♦ THURSDAY 13th - Carpet Bowls with Janine (Volunteer) - 10.30am—11.30am Lower Ground Flr.
♦ THURSDAY 13th - Movie of the Week. 1.30—3.00pm—Reflection Room
♦ THURSDAY 13th - Scenic Bus Outing— Board the Bus at 2.15pm
♦ FRIDAY 14th - Denise Masseuse here today—all areas
♦ FRIDAY 14th - Knit ‘N Natter with Volunteers—2.00pm Reflection Room
MONDAY 17th - Bingo – 10.30 – 11.30am – Reflection Room
MONDAY 17th - Movie of the Week— 1.30pm Reflection Room
TUESDAY 18th - Fran Beauty Therapist—all areas
TUESDAY 18th - Gym Group with Physio – 10.30 – 11.30am in Gymnasium
TUESDAY 18th - Book Reading Group with Chris Satori —1.30—3.00pm—Reflection Room
WEDNESDAY 19th - Hairdressers here today – Beauty Salon—Lower Ground Floor
WEDNESDAY 19th - Gym Group with Physio – 10.30 – 11.30am in Gymnasium
WEDNESDAY 19th - ‘Huxley’ Delta Therapy Dog—visiting all areas
WEDNESDAY 19th - Classic Music Appreciation with Peta—2pm— Reflection Room
WEDNESDAY 19th - Catholic Communion—3.30pm—Reflection Room
THURSDAY 20th - Carpet Bowls with Janine (Volunteer) - 10.30am—11.30am—Lower Ground flr.
THURSDAY 20th—Fun & Fitness with Josh—1.30pm—Reflection Room
THURSDAY 20th - Scenic Bus Drive—Boarding the bus at 10.15am
FRIDAY 21st - Denise Masseuse here today—all areas
FRIDAY 21st - Tai chi—10.30am—11.30am—Reflection Room
FRI DAY 21st - Coxy the Singing Cowboy—1.30pm Lower Ground Floor
FRI DAY 21st - Gospel Discussions – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
MONDAY 24th - Bingo – 10.30 – 11.30am – Reflection Room
MONDAY 24th - Omega Potts Music Therapy 1.30pm 1st floor
MONDAY 24th - High Tea with Chinzia —theme ‘Famous Redheads’ 2pm Reflection Room
TUESDAY 25th - Gym Group with Physio – 10.30 – 11.30am in Gymnasium
TUESDAY 25th - Book Reading Group with Chris Satori —1.30—3.00pm—Reflection Room
WEDNESDAY 26th - Hairdressers here today – Beauty Salon—Lower Ground Floor
WEDNESDAY 26th - Gym Group with Physio – 10.30 – 11.30am in Gymnasium
WEDNESDAY 26th - ‘Huxley’ Delta Therapy Dog—visiting all areas
WEDNESDAY 26th - Josh ‘Fitness & Fun’ Class—2pm—3.00pm Reflection Room
WEDNESDAY 26th - Catholic Communion—3.30pm—Reflection Room
THURSDAY 27th - Carpet Bowls with Janine (Volunteer) - 10.30am—11.30am—Lower Ground flr
THURSDAY 27th - Movie of the Week ‘ Special Feature’— 1.30pm Reflection Room
THURSDAY 27th - Bus Outing to Ripponlea—Board the Bus at 9.30am—12.00n
FRIDAY 28th - Denise Masseuse here today—all areas
FRIDAY 28th - Tai chi—10.30am—11.30am—Reflection Room
FRIDAY 14th - Knit ‘N Natter with Volunteers—2.00pm Reflection Room
FRIDAY 28th - Gospel Discussions – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
Showcasing Italy’s famous People and Places, Art and playing old time music on old vinyl!

Italian Day of Independence was on Friday, 2 June, however, we got a bit over zealous and somehow turned the following week into ‘Italian Week’ due to the multiple activities celebrating food, music and culture from Italy.

High Tea ‘Italian Style’. . . serving Coffee AND Barista made Hot Chocolate as well as Tea. I always like to catch the Elders off guard – by adding an element of Surprise to the sweet and savory selection for Afternoon Tea. I bought in a traditional ingredient from the northern part of Italy (where I originate from) ‘POLENTA’. Chef Fiona made up Polenta Squares. I served them on a Big platter and passed around to all the Elders and asked them to guess what it was. Only our two Italian Elders; Maria and Marianna were able to guess – even though they hadn’t ever eaten polenta in the form of fried golden nuggets!

‘PIZZA + A MOVIE’ was our mid week Event. We ordered in Pizza – served from the Takeaway box. The Elders thought this was a hoot – such a novelty! Some Elders even dared to eat Pizza with their hands! (the Italian way). We followed with a nostalgic film from 1966 ‘Their a Weird Mob’ which was a Block Buster Hit of it’s time and still listed as a top Australian Film. We all had a laugh or two even three! This was a great afternoon and we will certainly repeat the Double Feature of: ‘Takeaway and a Movie’

ciao Cinzia (Lifestyle Team)
Entertainer: Mike Edwards

For Italian Independence day we had a friend of Trinity’s come in and perform some authentic Italian'o songs. Let the faces of the Elders
Giorno

Buonissimo

Di Pizza
A day of... Painting with Turner

A Painting workshop with Josh, studying the Turner method of landscapes.

Green, then yellow, a swish with the brush—and its done.
Floral Arranging

‘Happiness held is the seed, Happiness Shared is the Flower’ John Harrigan
Janine bought her daughter Amy a cute little kitten for her Birthday, but..... He hasn’t got a name yet....We need your help!!!

Please submit your best name for this little fella, to front reception, written on a piece of paper with your full name and name of loved one on it too thanks.

(The best name will be published in next months newsletter!)

Prize for the worst name is: Cleaning the kittens litter tray for the first year!!

Prize for best name is: a Block of Chocolate
Amy’s un-named kitten was a real hit with all Elders. Such a beautiful natured kitten who handled all the cuddles and playtime well. We look forward in seeing this little man soon.
I spy with my little eye 2 ladies grabbing our freshly grown fruit. How wonderful to see Marianna & Maria enjoying the “fruits of our gardening labour” in picking fresh fruit for the table.
Betty & Merle (above) plus Jules & Connie enjoying Classical Music with other Elders held by our volunteer Peta.

Wow—Renee finds the longest chip!

One of our scenic bus drives out to Warrandyte where we spied our national emblem, Kangaroos amongst the beautiful green scenery.
Lorli getting into some of our Art Therapy

Peter Breen entertained us with one of the most angelic voices we have heard, so much so we all forgot to take plenty of photos. Yes I know rare for all of us to conceive.

We first met Peter at Wattle Park Chapel singing for us whilst enjoying one of the luncheons provided. All Elders at the time wished we could hear more of Peter and requested if he could visit Trinity.

So we asked and he said yes. Peter is an accomplished singer and pianist of many years standing, singing in large concert halls for many years.

All felt fortunate that Peter to hear him again and share his voice with others.
Time for some Puns......

I went in to a pet shop. I said, “Can I buy a goldfish?” The guy said, “Do you want an aquarium?”

I said, “I don’t care what star sign it is.”

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A man is walking in the desert with his horse and his dog when the dog says, “I can’t do this. I need water.” The man says, “I didn’t know dogs could talk.”

The horse says, “Me neither!”

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I waited and stayed up all night and tried to figure out where the sun was.

Then it dawned on me.

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Have you ever tried to eat a clock?

It’s very time consuming.

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I don’t trust these stairs because they’re always up to something.

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I couldn’t quite remember how to throw a boomerang, but eventually it came back to me.

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A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was a nurse said “No change yet”
Big Birthday Wishes to our following Elders coming up in July

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<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Phyllis M.</td>
<td>12th</td>
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<td>Bernie S.</td>
<td>19th</td>
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<td>Jean W.</td>
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<td>Judith F.H.</td>
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<td>Grace Mc.</td>
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<td>Liz R.</td>
<td>23rd</td>
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<td>Sandra E.</td>
<td>26th</td>
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Jean Turning 100

Birthday celebrations for Connie with a surprise of a room full of balloons and lunch with family and close friends.

Happy Birthday to Robert whose family travelled from overseas and interstate to be with him.

Here he is enjoying birthday celebrations with friends at Trinity.
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

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 at Reception; Fionna & Rachel 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.

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.

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.

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.

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 & 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

♦ 8th August
♦ 10th October
♦ 12th December

Time is 10.30am, held in Reflection Room

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
Australia’s Greek cafes and milk bars were never famous for their Greek food, but a new nationally-touring exhibition highlights the contribution they made to rural life. Verica Jokic reports on a celebration of the Greek immigrants who introduced Australia to the American Dream (and milkshake).

'The Greeks invented the milk bar. The first milk bar was opened in 1932 in Martin Place and on the first day of opening 5,000 people turned up. Police had to block off the roads to traffic.'

Greeks who migrated to Australia from the United States brought the milkshake idea with them.

The milk bar, the milkshake and the mixed grill. The only reason we have them in Australia is because of Greek migrants; they either invented them or brought them to Australia from abroad.

When Greeks laid down roots in country towns they opened up cafes, but it wasn't Greek food that was on the menu. Instead, it was chocolates, ice-cream, coke and milkshakes.
Joanne Bach is a curator with the National Museum and says the museum is currently exhibiting items used in the Greek-owned Busy Bee cafe in Gunnedah in NSW.

'They opened at 7 am and closed at 11 pm, so if you came into town for a cattle sale or for business you could get a meal anytime of the day,' she said. The cafe closed a few years ago, but not before the museum bought some items, including colourful anodised milkshake cups and syrup dispensers, as well as fixtures and fittings which now sit in its exhibition.

Angelo Pippos is a second generation owner of a cafe in Brewarrina in northern NSW. His father opened the Cafe De Luxe back in 1926. 'We sold steak and eggs and mixed grills, but never Greek food. It was more American style food,' he says. 'I tried introducing Greek food a couple of times but people didn't like it.'

Mr Pippos says growing up in a Greek-owned cafe wasn't easy. 'Before we went to school we had to scrub the floors with a scrubbing brush, and after school we served on tables.'

He says Greeks began migrating to Australia in the mid- to late-1800s, bringing with them different ideas about food. Their cafes became the focal point of life in country towns. Greeks who migrated to Australia from the United States brought the milkshake idea with them.