The Queen and Prince Philip officially opened the new Royal Children's Hospital in Melbourne
October 7th, 2011
Hello Everyone,

Thank you to Elders & Families who completed a survey form recently. Surveys assist in collecting unbiased approach to decision making, and assist us in improving areas of service provided. Collection of unbiased survey data assists to develop sensible decisions based on analyzed results. By analyzing the results we can immediately address topics of importance. This does not mean to say that you should wait until we hold our yearly survey, please keep the communication flowing so we can assist and address enquiries quickly.

Example, we had a high satisfaction rate amongst our Volunteers, suggestions that they raised was to implement identification Volunteer tags and to increase their knowledge by training or workshops in Dementia. Both are being implemented. Thank you once again to all our Volunteers.

As with all survey’s there are areas of improvements that can be made from suggestions and/or issues raised, for example: At the suggestion by one family member, for Elders experiencing swallowing difficulties and may be on a moist mince or vitamised diet, we have implemented the shaping of foods—e.g. vitamised carrot, peas, meat will be shaped into the food which is far more appetizing and increase appetite for nutritional benefits.

For detailed Survey results these are posted on our Bulletin Boards situated throughout Trinity Manor in each area to view.

Australia is such a diverse mix of cultures we are very fortunate to be able to celebrate these cultures. This month we celebrate Italian Independence and we commence with a High Tea, a rustic takeaway Pizza luncheon for Elders who like Pizza and then some music with our entertainer Mike Edwards.

A feature for June is Dementia Training/Workshop to be held on Wednesday 21st. Hope that you can make it and invite friends as well. Training is via the Aged Care Channel and we will have plenty of time in between each subjects to raise queries, questions and comments. Please let me know if you are able to attend for catering purposes.

Senior Management Team will be attending a 2 Day Workshop held in the city which the Quality/Accreditation Agency hosts. The Better Practice Awards present various initiatives and programs to encourage improvement to care and services. These awards disseminate better practice and innovation across the broad spectrum of aged care services.

Our approach is one of continual learning and to continue to improve our service offerings.

**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 June 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

♦ 1st June - Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 1st June— Mass with Father Jacob - 3.00pm – Reflection Room
♦ 2nd June – Denise – Clinical Masseuse Here Today
♦ 2nd June – Tai Chi—10.30am—11.30am—Reflection Room
♦ 2nd June – Knit n Natter Group with Volunteers—2.00—3.00pm—Reflection Room
♦ 2nd June – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 4th June—New Life Christian Youth Group visits—10.30—11.45am—Reflection Room
♦ 5th June — Bingo – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 5th June – Live Painting Workshop with Josh —1.30—3.00pm—Reflection Room
♦ 6th June – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 6th June—Book Reading Group—1.30—3.00pm—Reflection Room
♦ 6th June–Bowling—1.30—2.30pm—Reflection Room
♦ 7th June – Hairdressers here today – Beauty Salon—Lower Ground Floor
♦ 7th June—Sean the Podiatrist visits today
♦ 7th June – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 7th June—Huxley—Delta Therapy Dog—Visits Everywhere Today
♦ 7th June—High Tea—Italian Themed for Italian Cultural Week—1.30—3.00pm—Café Westbury
♦ 8th June —Carpet Bowls with Janine (Volunteer) - 10.30am—11.30am—Reflection Room
♦ 8th June—Italian Theme Luncheon—$10.00 per head—Takeaway Pizza & conversations—12.00—1.30pm—Lower Ground Floor
♦ 8th June—Movie of the Week— Italian Themed—1.30—3.00pm—Reflection Room
♦ 9th June – Denise – Clinical Masseuse Here Today
♦ 9th June—Tai chi—10.30am—11.30am—Reflection Room
♦ 9th June—Mike Edwards Entertains with Italian popular songs—1.30—2.30pm—Lower Ground Floor
♦ 9th June–Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 13TH JUNE—QUEENS BIRTHDAY PUBLIC HOLIDAY—1:1’s and mini activities with Care Staff
♦ 13th June—Fran Beauty Therapist Here Today
♦ 13th June – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 13th June—Residents & Relatives Meeting—10.30am—11.30am—Reflection Room
♦ 13th June — Peter Breen—Entertainer - 1.00pm—2.30pm —Reflection Room
♦ 14th June – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
♦ 14th June – Hairdressers here today – Beauty Salon
♦ 14th June—Huxley—Delta Therapy Dog—Visits Everywhere Today
♦ 14th June—STAFF MEETING—12.30—2.30pm
14th June – Catholic Communion – 3.30 – 4.00pm – Reflection Room
15th June– Carpet Bowls with Janine – 10.30 – 11.30am – Lower Ground Floor
15th June–Morning Bus Outing with Dave (Volunteer) –Scenic Drive–10.30–11.30am
15th June – Movie Of The Week—1.30—3.00pm—Reflection Room
16th June– Denise—Clinical Therapist Here Today
16th June – Tai Chi – 10.30 – 11.30am – Reflection Room
16th June – Knit n Natter Group with Volunteers—2.00—3.00pm—Reflection Room
16th June – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
19th June – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
19th June–Gym Group with Physio—10..30—11.30am in Gymnasium
19th June–Omega Potts Music Therapy—1.30—2.15pm—1st Floor
19th June– Armchair Lecture with Cinzia—1.30—3.00pm—Reflection Room
20th June–Gym Group with Physio—10.30—11.30 am in Gymnasium
20th June–Book Reading Group—1.30—3.00pm—Reflection Room
21st June – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
21st June – Hairdressers here today – Beauty Salon
21st June –Huxley— Delta Therapy Dog—Visits Everywhere Today
21st June–Exercise & Mental Aerobics—1.30—3.00pm—Reflection Room
21st June–Relatives/Friends & Volunteer s Dementia Workshop—1.00pm—3.00pm—Meeting Room—Lower Ground Floor
21st June – Catholic Communion – 3.30 – 4.00pm – Reflection Room
22nd June - Carpet Bowls with Janine – 10.30 – 11.30am – Lower Ground Floor
22nd June–Scenic Bus Drive with Dave (Volunteer) 10.30–11.30am
22nd June–Classical Music Appreciation with Peta (Volunteer) - 1.45–3.00pm—Reflection Room
23rd June–Denise—Clinical Therapist Here Today
23rd June – Tai Chi – 10.30 – 11.30am – Reflection Room
23rd June – Leathermaking Workshop with Peter –2.00—4.00pm – Reflection Room
23rd June – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
26th June – Bingo – 10.30 – 11.30am – Reflection Room
26th June—Seated Ballet Class with Bec Routley (30 mins) + A Ballerina’s Tale Movie of the Week—Reflection Room—1.30—3.30pm
27th June – Fran Beauty Therapist Here Today
27th June Gym Group with Physio—10.30—11.30 in Gymnasium
27th June–Book Reading Group with Chris (Volunteer) 1.00pm—2.30pm—Reflection Room
28th June – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
28th June – Hairdressers here today – Beauty Salon
28th June –Huxley— Delta Therapy Dog—Visits Everywhere Today
28th June – Catholic Communion – 3.30 – 4.00pm – Reflection Room
29th June–Carpet Bowls with Janine—10.30—11.30am—Lower Ground Floor
29th June–Movie Of The Week—1.30—3.00pm—Reflection Room
30th June–Carpet Bowls with Janine
30th June–Knit n Natter Group with Volunteers—2.00—3.00pm—Reflection Room
New friendships were made when the All Directions Choir volunteered and came to visit.

The group is part of a community choir comprised of members from the outreach project and the wider community. We got to know more about this outreach project and how it brings a positive aspect to people’s lives. Elders have requested a return visit which they kindly agreed to. See everyone soon!

Their infectious music compilation had us up and dancing.
Wow wow wow, is all we can say about this popular Luncheon. Apologies for people who we had to turn away. We were over our capacity of 60 people for lunch which included family and friends and Elders and we may have to look into having x2 luncheons for 2018 so as not to disappoint people.

Frank Darling was our entertainer. Comments heard around the room is that he was delightful and very entertaining; perfect for the occasion. Great to see everyone have a wonderful afternoon.

The calm before the storm.

We decorated Jessie’s mothers dress making dummy—and yes as most stated she was rather saucy for the occasion, only wearing a lit up skirt, however she did wear her pearls!

Elders & family were very keen for a photo opportunity with this lady!
Finger food, choice of 2 meals and dessert all washed down with Champagne, Wine or whatever was on tap leant to the success of the day.

The fabulous Frank Darling !
Then onto dancing with a Conga Line of Elders & Family
Congratulations to our Mother’s Day Raffle Winners—Blanka, Connie, Marj & Marie
Our 4 year old little friends from Yongala Kindergarten made a visit for our kinder morning bringing companionship and spontaneity into the day with Elders. Although we come up with different ideas of activities the children all love the target bean bag activity. Who are we to say no to 20 4 year olds? Lots of fun was had by all of us.

We start with morning tea together.
Lovely to host these gentlemen who all volunteered their time on a Sunday recently to thrill us with their music and singing that reverberated throughout Trinity.
Steph decided to tinkle the ivories instead of her keyboard and brought a different feel to the afternoon of entertainment. We enjoyed Steph’s company and choice of musical arrangement immensely.
Students from Genezzano College joined the Workshop (unfortunately unable to show photos of students), however we gave them the camera to capture our Elders in the Workshop.
Huxley was away for a week or two with a minor operation. Lovely to see him back again for weekly visits, not only in lounge rooms but also as important visiting Elders who may be under the weather. He always brings a smile to people’s faces. Huxley is also glad to be back!

Cinzia has been hosting our Book Reading Club whilst our Volunteer, Chris is holidaying in Europe— we caught Cinzia eyeing off the Cup Cake though!

Wilma & Angeliki have formed a lovely friendship

We spy Joan sitting back enjoying her cuppa in her favorite spot
Lovely to bump into Marj & Kay

Angeliki welcomes her friends.

Merle enjoying her brisk morning walk around Deepdene—checking out the vintage Rolls Royce!

Café Outing to Abbotsford

Mora enjoying a quiet read
Steve from Senior Style made a visit for some in house shopping. Steve provides suitable and stylish clothing for both women and men. He also includes a Sales rack and who doesn’t like a bargain as Renee found!

There is also a selection of night wear and other personal items. Elders enjoyed the afternoon that they invited Steve to return.

Look out for notices later on in the year.
Hello and welcome to —Carl’s Comic Corner

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

I just stepped on a cornflake. Now I am officially a cereal killer.

If I am silent, it’s because there’s thunder inside me. Or I’m just chillin’, it depends. May the odds be ever in your favor.

How do I like my eggs? Umm, in a cake.

10 Facts about you
1. You’re reading this right now.
2. You’re realizing that is a stupid fact.
3. You didn’t notice I skipped three.
5. You’re checking now.
6. You’re smiling.
7. You’re still reading this even though it’s stupid.
11. You’re enjoying this.

12. You didn’t realize there’s only supposed to be ten facts.

Silence is golden. Unless you have kids, then silence is just suspicious.
**Big Birthday Wishes to our following Elders coming up in June 2017**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Connie H.</td>
<td>16th</td>
</tr>
<tr>
<td>Robert C.</td>
<td>27th</td>
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Kathleen celebrated her birthday with Trinity staff & her family

After an outing with family Marianna came back to more cake !!

Joan enjoys receiving her Birthday Card from everyone 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.
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.

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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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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
Elizabeth II (Elizabeth Alexandra Mary; born 21 April 1926\[a\] has been Queen of the United Kingdom, Canada, Australia, and New Zealand since 6 February 1952. She is Head of the Commonwealth and Queen of 12 countries that have become independent since her accession: Jamaica, Barbados, the Bahamas, Grenada, Papua New Guinea, Solomon Islands, Tuvalu, Saint Lucia, Saint Vincent and the Grenadines, Belize, Antigua and Barbuda, and Saint Kitts and Nevis.

Elizabeth was born in London as the elder child of the Duke and Duchess of York, later King George VI and Queen Elizabeth, and she was educated privately at home. Her father acceded to the throne on the abdication of his brother Edward VIII in 1936, from which time she was the heir presumptive. She began to undertake public duties during the Second World War, serving in the Auxiliary Territorial Service. In 1947, she married Philip, Duke of Edinburgh, a former prince of Greece and Denmark, with whom she has four children: Charles, Prince of Wales; Anne, Princess Royal; Prince Andrew, Duke of York; and Prince Edward, Earl of Wessex.

Times of personal significance have included the births and marriages of her children, her coronation in 1953, and the celebration of milestones such as her Silver, Golden, and Diamond Jubilees in 1977, 2002, and 2012, respectively. In 2017 she became the first British monarch to commemorate a Sapphire Jubilee.

Elizabeth’s realms (pink) and their territories and protectorates (dark red) at the beginning of her reign.