MARCH NEWSLETTER 2017

Melbourne Cricket Ground

MCG

AFL Football returns for 2017 Season
1st Game on March 23rd
Hello Everyone,

Chinese New Year and our cooking demonstration went quite well. Thank you to Michelle who behind the scenes worked hard to ensure a full day of cultural learning. The food was wonderful too.

Elders have requested to have more cooking demonstrations of different foods and to eat what has been cooked. Lifestyle are looking into a series of these demonstrations over the next few months, especially during the winter months.

Once again we proved we know how to throw a special luncheon with Valentine’s Day enjoyed by all. Our entertainer, Sarah Landy had what one Elder described as a “mesmerizing voice”. Sarah had a personality to match too.

We went on a trip down memory lane when Josh showed us his wedding photos, also the Figures & Cake that he had sculpted too. Bec, his wife also made it along to show off her wedding dress to the thrill of Elders. So many memories of Elder’s wedding day flowed. Just magical.

For 2017 Cinzia has commence Armchair Lectures as a regular feature on the calendar, picking various destinations around the world and learning more about that country. This was successful in 2016 when trialed that Elders look forward to this new activity.

Our monthly High Tea is based around Autumn for March. Elders love the prospect of High Tea and this is now a monthly activity on the 2017 calendar. However, it would be lovely if we could have a volunteer to assist Cinzia in the afternoon with this activity. Please speak to either Cinzia or Jessie on how you can help us out.

Now looking into March we have the New Life Youth Group back for their first morning with us, please join us regardless of what faith you follow. We also get ready for St Patrick’s Day, with Claire Patty singing and playing the Harp for us, then the following day we have the children from O’Connell’s Irish Dance School here to showcase traditional Irish Dance. Our association with this Dance School is now in its 5th year.

We have to mention the visit by Olivia, who was our physiotherapist for many years and who we grew to think of as a good friend. You may recall our surprise baby shower for Olivia held by the Elders. Well little Jack is now 7 months, we have been after a visit and Olivia will be here for a morning of conversation and for us to meet little Jack soon. He will have plenty of people vying for a cuddle that is for sure!

A new activity on our calendar and a good interest for some is to be involved in our Football Tipping Competition for 2017. This is a new activity for us and we have to thank Kath P. who has volunteered to look after this activity for us. Get involved this should be a fun activity!

As with most of our activities there is a lot of preparation in the background that occurs. Josh will be featuring a Short Film Festival to be held over 3 days, culminating in a workshop. We are all super excited by this festival, keep your eye out for Posters and please come along.

On a sad note, Jenny, who was our Site Manager has moved onto another opportunity. We wish Jenny well in her endeavors. Senior Management are currently in the process of interviews for a replacement. We will keep you posted.

Please remember to look out for our Weekly Activities Planner to see what is happening for the week 000and 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 February0 newsletter.

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team
Recreational Activities in March 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 March – Hairdressers here today – Beauty Salon
♦ 1st March – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 1st March - Catholic Communion – 3.30 – 4.00pm – Reflection Room
♦ 1st March – Movie of The Week – 1.30 – 3.00pm – Reflection Room
♦ 2nd March - Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 2nd March – Catholic Mass with Father Jacob – 3.00 – 4.00pm – Reflection Room
♦ 3rd March – Denise – Clinical Masseuse Here Today
♦ 3rd March – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 3rd March – Leathermaking Workshop with Peter - 2.00 – 4.00pm – Lower Ground Floor
♦ 3rd March – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 5th March – NEW LIFE CHRISTIAN YOUTH GROUP – 10.30AM – REFLECTION ROOM
♦ 6th March – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 6th March – Book Reading Club with Chris – Volunteer – 1.30 – 3.00pm – Reflection Room
♦ 7th March – Fran Beauty Therapist here today – Everywhere
♦ 7th March – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
♦ 7th March – Special Morning with Olivia & Baby Jack Visiting – 10.30AM – Reflection Room
♦ 7th March – STAFF MEETING TODAY – 12.30 – 2.30PM
♦ 7th March – Armchair Lecture with Cinzia – 1.30 – 3.00pm – Reflection Room
♦ 8th March – Hairdressers here today – Beauty Salon
♦ 8th March – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 8th March – Art Project with Josh – 1.30 – 2.30pm – 1st Floor
♦ 8th March – Catholic Communion – 3.30 – 4.00pm – Reflection Room
♦ 9th March – Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 9th March – Movie of The Week – 1.30 – 2.30pm – Reflection Room
♦ 9th March – Bus Outing to Hidden Café for Afternoon Tea
♦ 10th March – Denise – Clinical Masseuse Here Today
♦ 10th March – Tai Chi – 10.30am – 11.30am – Reflection Room
♦ 10th March – Knit n Natter Group with Volunteers – 2.00 – 3.00pm – Reflection Room
♦ 10th March – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 13th March – PUBLIC HOLIDAY – LABOUR DAY
♦ 14th March – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 14th March – News Reading – All Areas This Morning
♦ 14th March – Movie of the Week – 1.30 – 3.00pm – Reflection Room
Recreational Activities in March 2017

♦ 15th March – Hairdressers here today – Beauty Salon
♦ 15th March – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 15th March – Reminiscing with Cinzia – 1.30 – 2.30pm – 1st Floor Dining Room
♦ 15th March – Netball with Josh – 1.30 – 2.30pm – Reflection Room
♦ 16th March – Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 16th March – St Patrick’s Day Concert – Claire Patty – Singer & Harpist – 1.30–2.30pm – Lower Ground Floor
♦ 17th March – Denise – Clinical Therapist Here Today
♦ 17th March – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 17th March – Children Irish Dance Group from O’Connells Irish Dance School – 1.00 – 1.30pm – Lower Ground Floor
♦ 17th March – Ireland Documentary – 2.00–3.00pm – Reflection Room
♦ 17th March – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 20th March – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 20th March – Concert with Laurel McKenna – 1.15–2.15pm – Lower Ground Floor
♦ 20th March – Omega Potts – Music Therapist – 1.30–2.15pm – 1st Floor Dining Room
♦ 21st March – Fran – Beauty Therapist here today
♦ 21st March – Gym Group with Physio – 10.30–11.00am in Gymnasium
♦ 21st March – High Tea with Cinzia – Autumn Theme – 2.00–3.00pm – Reflection Room
♦ 22nd March – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
♦ 22nd March – Hairdressers here today – Beauty Salon
♦ 22nd March – Catholic Communion – 3.30 – 4.00pm – Reflection Room
♦ 23rd March – Carpet Bowls – 10.30 – 11.30am – Lower Ground Floor
♦ 23rd March – Classical Music Appreciation with Peta – 1.30–2.30pm – Reflection Room
♦ 24th March – Denise – Clinical Therapist Here Today
♦ 24th March – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 24th March – Knit n Natter with Volunteers – 2.00–3.00pm – Reflection Room
♦ 24th March – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 27th March – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 27th March – Commence 3 Day Movie Film Festival with Josh & Chris – Volunteer – 1.30–3.00pm – Reflection Room
♦ 28th March – Gym Group with Physio – 10.30–11.00am in Gymnasium
♦ 28th March – 2nd Day of Movie Film Festival with Josh – 1.30–3.00pm – Reflection Room
♦ 29th March – Hairdressers here today – Beauty Salon
♦ 29th March – Gym Group with Physio – 10.30–11.30am in Gymnasium
♦ 29th March – 3rd Day of Movie Film Festival – Workshop with Josh – 1.30–3.00pm – Reflection Room
♦ 30th March – Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 30th March – Movie of the Week – 1.30–3.00pm – Reflection Room
Hello Everyone,

A brand new activity for all to enjoy and an interest for 2017.

Big thank you to Kath P—our volunteer—who will be responsible for collecting your football tips each week for the football season.

TERMS & CONDITIONS:

♦ $10.00 one off Entry Fee—Open to Elders, their Friends, Volunteers, Family & Staff—please get your money in prior to the start of the Football Season—*you can hand to a Lifestyle Team Member or organize us to collect it from your room.*

♦ Prize Money—Winner receives 80% of the pool—2nd receives 20% of the pool

♦ All tips must be in by Thursday 5.00pm preceding the Match. *If there is a match on Thursday night*—tips to be in by Wednesday 5.00pm

ALLOCATED POINTS (Score) RULES:

♦ One (1) point will be allocated for each correct winning team selection

♦ Zero (0) points will be allocated for each incorrect team selection

♦ In the event of a Match drawn, cancelled, abandoned, not completed or not played for any reason and/or a result not officially declared within three (3) days of the date the Match was originally scheduled to be played, it is treated as a win for both teams competing in that Match.

♦ If you do not submit a tip for a given Match in a Round, then the Entrant’s tip for that Match will be deemed to be for the away team with a maximum of 5 correct tips per Round.

♦ Progress of your tips will be on all Notice Boards

♦ You have an option to also email your tips for the week to

  jessiebainbridge@trinitymanor.com.au

If you have any queries please direct them to Jessie
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 dumplings.
Prior to our documentary a few of us got the opportunity to try on some of the traditional Chinese costumes.

Certainly a lot of fun to be had.

Happy New Year
In Chinese
The Floral Arranging Group helped out with floral decorations in readiness for our Valentine’s Day Luncheon. A huge thank you to people who donated flowers and of course the Group itself and volunteers. Having fresh flowers on the table always brings an elegance to any occasion.
The best part of our group is the Afternoon Tea to have during our busy afternoon.
Valentines Day Luncheon just proves we know how to throw a party. The lovely Sarah Landy graced us with her amazing voice. She was literally mesmerizing with her vocal range and perfect choice of songs.

The meal was delicious especially our heart desserts. Thank you to Janine, our volunteer who assisted on the day plus family and friends who were able to attend.

Some of the beautiful floral arrangements that graced our tables.
Caught out—George & Blanka share a Valentine’s Day kiss
Even Tim got into the theme of the Luncheon.
Leather Workshop

It’s back for 2017

Leather workshop with Peter, and we have missed him and the workshop. It was such a lovely day that we held the workshop out in our BBQ Area Sensory Courtyard. Always lovely to have Peter on hand who helps and encourages along.
Josh made good on his promise to bring in his Wedding photos for all of us to see on the big screen. We did have more numbers than usual on this occasion too.

Josh also brought in the carving that he had made of his new bride and himself that sat on the table at his wedding. We knew he was talented but the display highlighted that fact.

A big surprise when Bec appeared with her wedding dress for all to see. Next screening will be pictures of their Bali holiday, we can hardly wait for that.
It was wonderful to welcome back our Volunteer, Peta with our first Classical Music afternoon for the year. We have missed this fabulous program.

This month we concentrated on Johann Strauss and his fabulous music of Waltz’ - they are quite timeless, bringing back many memories.
We went retro for our Classical Music using a turntable and good old fashion Vinyl’s!

There is also a theme of Cheese & Fruit with a selection of wine, juice & soft drink to enjoy sitting back and let the music wash over us. Quite a civilized way of spending an afternoon.

Our two fur babies joined us, Karl & Pom Pom enjoyed the music as well.

Peta was able to entice both Stuart and Josie for a Waltz.
Welcome Frank, here he is with his lovely wife Livia.

Maria hanging out with Flint, one of our newer Care Staff team member

Faye was a huge help in getting hearts ready for decorations.

Enjoying our weekly & competitive Carpet Bowls. This is a must on our calendar. Hosted by our Volunteer Janine, Elders love to take turns in looking after Janine’s dogs when they come in to supervise.
Another Activity we are getting into—
Putt Putt Golf

We challenge Elders concentration and physical skills, changing the golf around with various obstacles. Elders have the choice of being seated or assisted standing.
Faye and Peter continue with our special Art Project under the watchful eye of Josh; we are hoping to finish by March—our deadline and have to say we are keeping to our deadline.

Check out our private Dining Room, available for hire for small groups. Wilma, her son, Josie and Josh enjoyed a quiet morning tea—so we pulled out the fine china and silverware for the occasion.

Marianna and Jessie spending some one to one time over a cuppa and a chat.

Frank is happy to have a visit by his son & daughter.
Hello and welcome to — Carl's Comic Corner

For any jokes please send to Jessie from Lifestyle— jessiebainbridge@trinitymanor.com.au
Big Birthday Wishes to our following Elders coming up in March 2017

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Charles L.</td>
<td>10th</td>
</tr>
<tr>
<td>Allan Mc</td>
<td>20th</td>
</tr>
<tr>
<td>Morrie T.</td>
<td>25th</td>
</tr>
<tr>
<td>Maureen K</td>
<td>15th</td>
</tr>
<tr>
<td>Renee S.</td>
<td>22nd</td>
</tr>
</tbody>
</table>

Happy February Birthday to our own party girl, Alison.
Surrounded by her family & having a great time.

Happy February Birthday to Stuart and June who celebrated not only with Family but also their 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 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 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 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.

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.

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.

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
❖ 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

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
Saint Patrick was a gentleman
Who through strategy and stealth
Drove all the snakes from Ireland
Here's a drink to his health!
But not too many drinkees
Last we lose ourselves and then...
Forget the good Saint Patrick
And see them snakes again!

An Irishman is never drunk as long as he can hold onto one blade of grass to keep from falling off the earth.
- Irish Saying

May your troubles be less and your blessings be more and nothing but happiness come through your door.

As you slide down the banister of life, May the splinters never point in the wrong direction!
- An Irish Saying

Never iron a four-leaf clover, because you don't want to press your luck.

May your pockets be heavy and your heart be light.
May good luck pursue you each morning and night.