Trinity Manor
MAY NEWSLETTER 2017

To All The Mother’s Out There
Whether you are a Past, Present or Soon To Be Mother,
May Your Day Be Filled with Love, Joy & Laughter
Hello Everyone,

Hope everyone had a wonderful Easter, I can say we here at Trinity Manor certainly did. We will be welcoming back students from Genazzano College this month, and we are looking forward to meeting a new group of students.

Lifestyle is readying for our Mothers Day Luncheon occurring on the 12th May. Spaces have filled up quite quickly. We trialed a Luncheon for Mothers Day in 2016 and due to its success this is now a permanent feature on our yearly calendar.

A big thank you to family, elders and volunteers who took part in our Survey’s. Yes I know they can be exhausting to fill out, however the information assists and guides us in continually improving the care and the activities that we offer to Elders.

Introducing Charles, our new Site Manager, please read the below:

Hi everyone,

I hope that you are well and happy as always!

Allow me to introduce myself. I am Charles, and I have recently joined the Trinity Manor family as the new Site Manager. I am a Registered Nurse, and I have been in both the acute and aged care sectors. I worked at Alfred Health in their rehabilitation and aged care wards, as well as their renal and endocrinology units. After which, I have been appointed as a Care Director for a provider.

I have decided to join Trinity Manor, as I strongly believe in what they want to achieve. I see that resident-centred care is the core of all efforts, and I wish to contribute my passion and time to such a great cause. I knew I made the right choice the moment I walked in, and I immediately felt the warmth, happiness, and love that everyone has to share! Plus, I saw that there were animals – what a bonus! I am a very big fan of pets, and I have a dear Westie, and I call her Bacon.

I will save the rest for when we meet each other. At this stage, I am still finding my way around. Slowly but surely, I am remembering faces, names, and stories. It will not take long, and I will also get to know you. Come and have a chat with me! I am sure there are more stories to be shared.

I look forward to getting to know you.

With much thanks,

Charles Crisostomo | Site Manager

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. 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 May newsletter.

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team
Recreational Activities in May 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 May – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 1st May – Omega Potts—Music Therapy—1.30-2.15pm—1st Floor
♦ 1st May—Armchair Lecture—1.30pm—2.30pm—Reflection Room
♦ 2nd May —Fran Beauty Therapist here today—Everywhere
♦ 2nd May – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
♦ 2nd May – Book Reading with Chris—Volunteer—1.00pm—2.30pm—Reflection Room
♦ 3rd May – Hairdressers here today – Beauty Salon—Lower Ground Floor
♦ 3rd May —Huxley—Delta Therapy Dog—Visits Everywhere Today
♦ 3rd May – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 3rd May — Craft—Decorations for Mothers Day —1.30—2.30pm—1st Floor
♦ 3rd May—Catholic Communion—3.30pm—4.00pm—Reflection Room
♦ 4th May - Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 4th May— Movie of The Week – 1.30 – 3.00pm – Reflection Room
♦ 5th May – Denise – Clinical Masseuse Here Today
♦ 5th May —Tai Chi—10.30am—11.30am—Reflection Room
♦ 5th May – Knit n Natter Group with Volunteers—2.00—3.00pm—Reflection Room
♦ 5th May – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 8th May — Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 8th May – Getting To Know You Activity —1.30—2.30pm—Reflection Room
♦ 9th May — Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 9th May —STAFF MEETING—12.30pm—2.30pm
♦ 9th May — All Direction Choir—2.30pm—3.30pm—Reflection Room
♦ 10th May – Hairdressers here today – Beauty Salon—Lower Ground Floor
♦ 10th May — Gym Group with Physio – 10.30 – 11.30am in Gymnasium
♦ 10th May —Huxley—Delta Therapy Dog—Visits Everywhere Today
♦ 10th May —Movie of The Week—1.30—3.00pm—Reflection Room
♦ 11th May —Carpet Bowls with Janine (Volunteer) - 10.30am—11.30am—Lower Ground Floor
♦ 11th May—Bus Outing— Afternoon Tea —1.30pm—3.00pm
♦ 11th May—Floral Arranging—1.30pm—2.30pm—1st Floor Dining Room
♦ 11th May— Mass with Father Jacob—3.00pm—Reflection Room
♦ 12th May – Denise – Clinical Masseuse Here Today
♦ 12th May—Morning—Getting Ready for Mothers Day Luncheon
♦ 12th May— Mothers Day Luncheon + Frank Darling Entertaining—12.00n—2.00pm—Lower Ground Floor
♦ 12th May —Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
15th May— Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
15th May—Armchair Lecture—1.30pm–2.30pm—Reflection Room
15th May—Omega Potts—Music Therapist—1.30pm–2.15pm—1st Floor Dining Room
16th May—Fran Beauty Therapist Here Today
16th May – Gym Group with Physio – 10.30 – 11.30am in Gymnasium
16th May— Book Reading Group with Chris (Volunteer) - 1.00pm–2.30pm—Reflection Room
17th May – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
17th May – Hairdressers here today – Beauty Salon
17th May—Huxley—Delta Therapy Dog—Visits Everywhere Today
17th May – Catholic Communion – 3.30 – 4.00pm – Reflection Room
18th May—Yongala Kinder Children Visit—10.00am–11.30am—Lower Ground Floor
18th May – Classical Music Appreciation with Peta—1.30pm–2.30pm—Reflection Room
19th May – Denise—Clinical Therapist Here Today
19th May – Tai Chi – 10.30 – 11.30am – Reflection Room
19th May – Knit n Natter Group with Volunteers—2.00–3.00pm—Reflection Room
19th May – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
22nd May – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
23rd May—Gym Group with Physio—10..30–11.30am in Gymnasium
23rd May—Entertainment with Stephanie Renouf—1.30–2.30pm—Reflection Room
24th May – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
24th May – Hairdressers here today – Beauty Salon
24th May —Huxley—Delta Therapy Dog—Visits Everywhere Today
24th May – Catholic Communion – 3.30 – 4.00pm – Reflection Room
25th May - Carpet Bowls with Janine – 10.30 – 11.30am – Lower Ground Floor
25th May— Movie of The Week—1.30–3.00pm—Reflection Room
25th May—Bus Outing
26th May —Denise—Clinical Therapist Here Today
26th May – Tai Chi – 10.30 – 11.30am – Reflection Room
26th May — Leathermaking Workshop with Peter — 2.00–4.00pm – Reflection Room
26th May – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
SUNDAY 28TH MAY—MELBOURNE MEN’S CHOIR—3.00PM—4.00PM—LOWER GROUND FLOOR
29th May— Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
29th May—Omega Potts—Music Therapist—1.30pm–2.15pm—1st Floor Dining Room
30th May—Fran Beauty Therapist Here Today
30th May—Gym Group with Physio—10.30–11.30 in Gymnasium
30th May— High Tea—Bob Hope’s Birthday —2.00pm–3.00pm—Reflection Room
31st May – Gym Group with Physio – 10.30 – 11.00am in Gymnasium
31st May – Hairdressers here today – Beauty Salon
31st May —Huxley—Delta Therapy Dog—Visits Everywhere Today
31st May—Movie of The Week—Bob Hope Movie—1.30–3.00pm—Reflection Room
31st May – Catholic Communion – 3.30 – 4.00pm – Reflection Room
Once again we journeyed to Wattle Park Chapel for a special Easter luncheon with the local Community. A lovely roast meal accompanied an afternoon of socializing, prayers, hymn singing and a special Easter Spiritual message. A wonderful day, as always. Our next trip will be sometime in August, we wait for the invitation to arrive! Thank you to our Volunteer, Janine for accompanying us.

I can assure you the Easter Eggs did not stay in the bowl for long either!
Classical Music Appreciation over Easter was again a lovely afternoon spent with friends living at Trinity Manor which is hosted by Peta, our volunteer. Music was provided by George & Blanka, which was appreciated by all who attended. The champagne cork was popping, libations served and we settled down to hear beautiful music.

We also drew our Easter raffle. Congratulations to our winners, Josie who won 1st Prize, Herb who won 2nd Prize and Jean who won 3rd Prize; thank you all for your participation.

Pom Pom eyes the Prizes, whilst Carl helps draw the raffle tickets
High Tea was a lot of fun with the assistance of family and volunteers making our afternoon that extra special. Jessie highlighted the history of the Faberge Eggs and we learnt the origins of some of these classical hand made eggs. Jessie highlighted how different cultures celebrate Easter, especially the Greek culture and reminisced of how her family celebrated Greek Easter, this brought up memories of Elders celebrating Easter with their own families. Josh and Josie’s daughter assisted with a particular mental game that got us thinking with Sister Joan and Chris highlighting the spiritual aspects of Easter. A thoroughly enjoyable afternoon spent in the presence of each other especially with the addition of some sherry!

Yes Gwen, we do note your Sherry is in a wine glass!
Our incredible helpers on the day—bunny ears and all.

Sister Joan holds court
We welcome our new Volunteer Bus Driver, Dave. Dave certainly has a long background in volunteering and we feel very fortunate to have Dave become one of the Trinity Family.

A scenic drive to Banksia Park with Dave on a beautiful sunny Autumn Day did not disappoint as we sat under the trees.

On another bus outing with Volunteer Driver, Bev, as we took in Anderson Park for afternoon tea.
ANZAC Day is always a special date on the calendar for us and this year is no exception. The morning was supported by family along with Elders. Thank you to our Volunteers, Kath & Sister Joan who were part of the program along with our veterans living at Trinity Manor. Jessie read out 2 letters from young Diggers to family who served at Gallipoli which highlighted the conditions our diggers faced. Lest We Forget.

Stuart, who joined the AIF with his twin brother Ian at the age of 19. Served as a Turret Gunner

Morry, who served in the Navy on Mine Sweeping vessels.

Charles who had a long career in the Army

Joan who served in WW2 as a Code Breaker
Stuart raises the Australian Flag whilst others watch on.
Dawn Quick & Y Entertainers

At 82 Dawn does not look like slowing down anytime soon, accompanied by some of her students in dance, we enjoyed a tap dancing and singing show. Dawn always gets us moving, especially with their signature final song where we join in song and dance on the dance floor itself.
June & Marj get right into the spirit of the afternoon.
We cannot hold back any longer—up and on the dance floor with the ladies.
The Treble Tones Choir are celebrating 55 years of the Treble Tones being together this year. As always they bring an element of joy to all the songs that they perform, including companionship and friendship.

Josh & Bernie with Renee & Wilma, in the bus on the way to Wattle Park Chapel
Elders and Care Staff assist Lifestyle in making our Easter Decorations.
A great idea of using our little chicks to hang around the home.

Care Staff, Sangy, spending time with Franca
Our chicken hatching program proved once again popular, especially reminiscing about time spent on a farm for Elders who grew up in the country.

Staff were also entranced in witnessing the birth of chicks—a great program for all.

Elders enjoyed interacting with our little guests before re-homed at a farm.
Hello and welcome to —Carl’s Comic Corner

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

Mom, what’s it like to have the greatest daughter in the world.

I don’t know honey, you have to ask Grandma.

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I love when my kids tell me they’re bored.
As if the lady standing in front of a sink full of dirty dishes is where you go to get ideas about how to have a good time.

The Typical Mom

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PROMISES MOMS MAKE THAT THEY DON’T REMOTELY INTEND TO KEEP

- I’ll think about it.
- I’ll turn this car around.
- I’ll give you something to cry about!
- If you don’t like what I made for dinner you can go to bed hungry.
- I’m going to do yoga today.
- ...Right after I clean the bathroom!
- You can’t have that now, but I’ll put it on your birthday list.
- I’m going to count to three...
- I’m going to take that iPad away.
- I’ll be there in just a minute.
- I’ll treat you like an adult when you start acting like one.
- If you don’t clean your room, all this stuff is going in the trash.
- I’m not going to ask you again.

nickmom
Every night at 10pm ET
Big Birthday Wishes to our following Elders coming up in May 2017

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<th>Name</th>
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<th>Name</th>
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<tr>
<td>Maria C.</td>
<td>2nd</td>
<td>Kathleen W.</td>
<td>4th</td>
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<tr>
<td>Pat T.</td>
<td>15th</td>
<td>Pat B.</td>
<td>20th</td>
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<tr>
<td>Joan D.</td>
<td>30th</td>
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After going out for Birthday Lunch celebrations with her family, Dawn celebrates with her Trinity family at dinner time.

Lorli celebrated her birthday earlier in the day with family and then with Trinity Staff in the evening—a double celebration!
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.

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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

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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.

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.

**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.

**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**

♦ 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
Emily Elizabeth Dickinson
(December 10, 1830 – May 15, 1886)

Emily Dickinson was an American poet. Dickinson was born in Amherst, Massachusetts. Although part of a prominent family with strong ties to its community, Dickinson lived much of her life in reclusive isolation. After studying at the Amherst Academy for seven years in her youth, she briefly attended the Mount Holyoke Female Seminary before returning to her family’s house in Amherst. Considered an eccentric by locals, she developed a noted penchant for white clothing and became known for her reluctance to greet guests or, later in life, to even leave her bedroom. Dickinson never married, and most friendships between her and others depended entirely upon correspondence. Dickinson was a recluse for the later years of her life.

While Dickinson was a prolific private poet, fewer than a dozen of her nearly 1,800 poems were published during her lifetime. Dickinson's poems are unique for the era in which she wrote; they contain short lines, typically lack titles, and often use slant rhyme as well as unconventional capitalization and punctuation.