Trinity Manor

NOVEMBER NEWSLETTER 2016

Melbourne Spring Racing Carnival
Message from Lifestyle Department

Change in Physiotherapy Provider to Elders—

I am writing to advise that Trinity Care has decided to change the physiotherapy provider to our Elders from Monday 24th October 2016. As you may be aware Trinity Care has used Vivir Physiotherapy Services for several years and following a thorough review and analysis of cost benefits to our elders, we have decided to change providers. Our new physiotherapy service provider will be Bliss Care.

The mission of Bliss Care is to inspire individuals of all ages to engage in active and satisfying lifestyle and to maximize their quality of life through continual assessments, exercise programs, care planning, educational training and hands on Physiotherapy treatments. We believe their mission is in line with the values of Trinity Care.

All physiotherapy services to our elders will continue to be of a high standard and there will be no interruption to the quality of care provided to your family member.

If you have any queries in relation to the change in physiotherapy service, please do not hesitate to contact me on 9091-5200

Yours Sincerely, Jennie Somerville, Site Manager

Hi All,

The weather is picking up and that see’s us taking advantage of the fine days. We have recommenced our walking groups which we call Rollers Walking Group. You will see Lifestyle Team members, care staff and students assist with taking small groups at a time walking around the block of Deepdene, or walking around the back streets, admiring the gardens of some of the houses there.

Your Lifestyle Team spent a productive afternoon off site in preparing for 2017, this is no mean feat, but it fills us with excitement. If you have ideas or wish to assist in any way with regards to any regular activity or a one off—then please contact Jessie.

Spring Racing Carnival is upon us, so too is our Oaks Day Lunch. This year we will be holding a pampering morning for the Ladies, taking advantage of our Beauty Salon where we will spruce up the ladies with Gossamer hairspray and Lip stick before our Lunch. Laurel will be entertaining us and that is another aspect in looking forward to a busy day.

Friday 11th November is Remembrance Day and we will be holding a small Ceremony complete with 1 minutes silence to remember all those that have fallen. This will be held in the Reflection Room, ground floor.

Our final Classical Music Appreciation will occur in November with a live performance by Peta, our volunteer. She has been amazing in preparation and knowledge, but never fear Peta is back next year. This group commenced a few years ago with only 3 people interested in Classical Music, we now see this program swell to 20 people attending—absolutely wonderful support in our book.

We have a couple of special events, a secret High Tea—cannot tell you the theme, you will have to wait and see, then a visit by Happy Chicks. These are pet Chickens (complete with little nappies) who will be visiting us for 2 hours with a special interactive presentation for the 1st hour, then with room visits for the 2nd hour for Elders who are confined to their beds.

As always we look forward in receiving any suggestions you may have to include in our Activity Program for 2016. 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 November newsletter.

Cheers   Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team
Recreational Activities in November 2016

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 10.00am—1.30 til 2.30pm

Suitable Activities offered in Garden Court from 9.30 til 11.30am—3.15 til 4.15pm

- 1st November—MELBOURNE CUP DAY—Public Holiday—Walks & One to One Activities with Care Staff
- 2nd November—Hairdressers here today—Beauty Salon
- 2nd November—Gym Group Session with Physio—10.30am
- 2nd November—Floral Arranging—1st Floor Dining Room—1.30—3.00pm
- 2nd November—Catholic Communion—Theatre Room—3.30pm—4.00pm
- 3rd November—Preparing for Oaks Day Lunch—11.00am—Beauty Parlor Makeover—11.00am
- 3rd November—OAKS DAY LUNCH & ENTERTAINMENT—Lower Ground Floor—12.00 noon til 2.00pm
- 4th November—Denise—Aromatherapist / Clinical Masseuse Here Today
- 4th November—Tai Chi with Lifestyle Staff—10.30 til 11.30am—Reflection Room
- 4th November—Xmas Craft with students—2.00—3.30pm—1st Floor dining room
- 7th November—Omega Potts—Music Therapy—1st Floor Dining Room—1.30—2.15pm
- 7th November—Book Reading Club with Chris (Volunteer) - Reflection Room—1.30 til 2.30pm
- 8th November—BEAUTY THERAPIST HERE TODAY
- 8th November—Gym Group Session with Physio—10.30am
- 8th November—Reminiscing Group—1st Floor—10.30—11.30am
- 8th November—Rollers Walking Groups—All Areas—1.30—2.30pm
- 9th November—Hairdressers here today—Beauty Salon
- 9th November—Gym Group Session with Physio—10.30am
- 9th November—Leather Making Workshop with Peter—1.30 til 3.30pm—Lower Ground Floor
- 10th November—Carpet Bowls with Janine—Lower Ground Floor—10.30 to 11.30am
- 10th November—STAFF MEETING—12.30—2.30pm
- 10th November—Catholic Mass with Father Jacob—Reflection Room—3.00—4.00pm
- 11th November—Denise—Aromatherapist / Clinical Masseuse Here Today
- 11th November—REMEMBRANCE DAY SERVICE—10.30 til 11.30am—Reflection Room
- 11th November—Knit n Natter Group—1.30—2.30pm—Reflection Room
- 11th November—Xmas Craft with Students—2.00pm—3.00pm—1st Floor dining room
- 11th November—Gospel Discussion with Craig & Toni—3.30—4.00pm—Monomeath
- 14th November—Bingo—10.30 til 11.30am—Reflection Room
- 14th November—Omega Potts—Music Therapy—1st Floor Dining Room—1.30 til 2.15pm
- 14th November—Book Reading Club with Chris (Volunteer) - Reflection Room—1.30 til 2.30pm
Recreational Activities in November 2016

15th November — Gym Group Session with Physio—10.00am
15th November — Xmas Craft—1st Floor Dining Room—10.30—11.30am
15th November — Reminiscing with Sister Joan—2.00pm—3.00pm—Reflection Room
16th November — Gym Group Session with Physio—10.30am
16th November — Craft & Music with year 6C Students—1.30pm til 3.00pm
16th November — Catholic Communion—Theatre Room—3.30pm—4.00pm
17th November — Carpet Bowls with Janine—10.30—11.30am—Lower Ground Floor
17th November — Bus Outing—Afternoon Tea in the Park—1.30—3.30pm
18th November — Denise—Aromatherapist / Clinical Masseuse Here Today
18th November — Tai Chi with Lifestyle Staff—10.30 til 11.30am—Reflection Room
18th November — Classical Music Appreciation with Peta—Live Performance—1.30—2.30 pm
18th November — Gospel Discussion with Craig & Toni—3.30—4.00pm—Monomeath
21st November — Xmas Craft with Sarah & Lifestyle Team 10.30 til 11.30am—Reflection Room
21st November — Omega Potts—Music Therapy—1st Floor Dining Room—1.30—2.15pm
21st November — Book Reading Club with Chris (Volunteer) - Reflection Room—1.30 til 2.30pm
22nd November — BEAUTY THERAPIST HERE TODAY
22nd November — Gym Group Session with Physio—10.00am
22nd November — Xmas Crafting—10.30—11.30am—1st Floor Dining Room
22nd November — Bingo—Reflection Room—1.30—2.30pm
23rd November — Hairdressers here today—Beauty Salon
23rd November — Gym Group Session with Physio—10.30pm
23rd November — High Tea—Reflection Room—2.00pm—3.00pm
23rd November — Catholic Communion—3.30pm—4.00pm—Theatre Room
24th November — Carpet Bowls with Janine—10.30—11.30am—Lower Ground Floor
24th November — Movie of The Week—1.30—3.00pm
25th November — Denise—Aromatherapist / Clinical Masseuse Here Today
25th November — Tai Chi with Lifestyle Staff—10.30 til 11.30am—Reflection Room
25th November — HAPPY CHICKS VISIT + STUDENTS—2.00—4.00 pm—Reflection Room
28th November — Xmas Craft Decorating—10.30 til 11.30am—Reflection Room
28th November — Book Reading Club with Chris (Volunteer) - 1.30 3.00pm—Reflection Room
29th November — Gym Group Session with Physio—10.00am
29th November — Genazzano Year 6 Students & Sister Joan Here Today
30th November — Hairdressers here today—Beauty Salon
30th November — Gym Group Session with Physio—10.30am
30th November — Bus Outing—Wattle Park Chapel for Lunch—12.00—2.30pm
30th September — Catholic Communion—Theatre Room—3.30pm—4.00pm
The time came for Elders to take a quick trip to Yongala Kindergarten as the children host a Special Friends Morning Tea as a thank you for being friends, joining in with singing and games during the year. These children will be taking that next step in life—school. Our friends were very eager to show Elders what they have been working on and generally have fun.

Jessie was unable to be at the Kinder & so the children made a little sign for her. How cute!
Cliff is introduced to a game on the iPad.

A bit of time out for all of us as we enjoyed the afternoon tea that the children helped cook — yummy scones with jam & real cream!

Then onto dancing & singing together
Young Ruby just loves Cliff—she said so—the two were as thick as thieves playing and giggling; just magical moments & memories were made on the day.

On our Kinder visit, the children found it was Gwen’s birthday. So out came the communal cake, then onto the Guess Gwen’s Age game. The children made Gwen a giant card too.

Gwen’s age ranged from the big 7 years of age all the way to 200 years old.

Then onto having photos taken with Gwen.
Our little friends made a gift for Elders so that they can remember them.

Stuart drew one of the butterflies from the puzzles that he & his friend worked on earlier.
Time to say goodbye—each Elder received an escort or two—to make sure we got on the bus safely.

Goodbye our little friends. We all wish you well in your new adventure—Life at School
The lovely ladies who are The Treble Tones visited recently. We enjoyed a relaxing afternoon with these ladies, all of whom we have come to know so well. They harmonize brilliantly with songs we know so well, their companionship at their end of their concert is treasured over afternoon tea together.
Next visit by Yongala Kinder was by the 3 year olds, our brand new little friends who we met for the first time recently. In 2017 most will turn 4 and return a few times for our intergenerational Program. They were so tiny, impossibly cute and shy in the first time they met us, we talked about walkers and wheelchairs, their shyness, as we all know by now, does not last long!

After learning about each other, then singing and dancing it is onto games. Bean Bag toss is always a favorite and then lunch!!
Karaoke style of singing with Sharon was a lot of fun. After being scared of the microphone for a short moment, Elders got into the swing of things.
A few intrepid Elders journeyed to an open day at the Embroiders Guild of Victoria, based in Malvern. This group meets twice weekly and is the home of stitching enthusiasm, we saw every type of embroidery technique, from beginner to expert.

The environment felt like home to Barbara, who was on the Board of the Guild for many many years.
This large mural of Georges Dpt Store was a sight to behold. Our minds wandered back to the store—and also an idea for Cinzia for a special Reminiscing Session soon.

Then off to Giorgios for Coffee & Cake in Glenferrie Road.

It was impossible to decide on only one cake, hence we ordered a few and had a taste of each one—they were quite simply DELICIOUS!!
Our beautiful Vaudville style show rolled into town under the guidance of the ever so youthful Dawn Quick.
At 80 years of age, Dawn’s vitality is infectious; her background in song and tap dance from the age of 3 and her years at various Music Halls, Theatre & the famous Tivoli Theatre group brings an era back to life. We enjoy catching up with Dawn & her Troupe.
Then our turn to get up and dance—Oh The Hokey Pokey!
Thank you to our Volunteers who have been bringing in their dogs who visit Elders around Trinity Manor, whether in groups or conduct individual visits and spend time with Elders. Pom Pom is doing her bit during the week too.

Sarah is a potential Volunteer and brought her little girl in who loves the limelight and provided a lot of
Olivia, our Duke of Edinburgh volunteer, assists Elders in craft.

Enjoying the Sunshine and getting our Vitamin D in our Central Courtyard, smelling our herbs, having a cuppa outdoors; our Rollers Walking Group has commenced up again too, weather permitting of course.
Our helper Sarah is an aspiring Artist, in speaking with Majorie & Shirley she was inspired to paint their portrait, which she then gave to the ladies.

Both were thrilled with their gift, thank you so much Sarah.
Health Benefits of Bingo:

As bingo has become a go-to game for many seniors, researchers have also discovered that playing this game can have health benefits for the elderly. If your loved one likes bingo or is interested in learning to play or a version of the game e.g. Picture Bingo; Hoy, here are five reasons that the senior care experts suggest that seniors should play more bingo.

1. Enhances Hand-Eye Coordination

Reflexes and coordination decline naturally as seniors age, however certain games can help seniors maintain a high-level of hand-eye coordination. Bingo, a very fast-paced game, requires players identify numbers as they are called and mark their cards accordingly at a quick clip. Because of the speed required and the repetitive nature of the game, studies show that bingo can significantly improve the hand-eye coordination of many seniors.

2. Boosts Cognitive Abilities

As the game requires a great deal of mental flexibility and alertness to grasp, identify, and remember specific information, bingo may help improve your loved one’s cognitive acuity and short-term memory. Research even shows that bingo players perform better than non-bingo players on tests measuring memory, mental speed, and information retention.

3. Improves Physical Health

Bingo events typically involve a lot of laughter and excitement. As laughter triggers a number of physical changes in the body that can boost the immune system, relieve stress, and even diminish pain, bingo can actually promote your loved one’s general health.

4. Increases Socialization

Social interactions are crucial for seniors to maintain happy and healthy lives. Research shows that seniors who take part in regular social activities tend to live longer and healthier lives than those who do not. As most bingo players tend to become regulars and frequently get to know one another outside of the game, a bingo group can provide your elderly loved one an opportunity to get to know others and make new friends.

5. Accelerates Healing and Recuperation

Bingo may help your elderly family member recover faster following a surgery or serious illness. According to recent studies, elderly individuals who played games like bingo during their recovery periods for surgeries and other illnesses had shorter hospital stays and faster healing times. Likewise, seniors who played games during recovery also had a reduced risk of depression.

If your elderly loved one enjoys bingo, it can be an excellent way for him or her to promote his or her health and well-being.
Its Eyes Down for Bingo. Congratulations Ivan, being the grand Winner.
A little bit of music—we have been trialing Bongo Drumming, with some very funny outcomes!
Daniel contacted Trinity to conduct 3 full days of his Community Program.

Young Daniel completed 3 days of Companionship at Trinity.

Daniel was an absolute delight to have around with the Elders enjoying his company and exuberant personality.

Daniel assisted the Lifestyle Team from our drumming group, art program, sitting with Elders in Garden Court assisting with Montessori Activities to wheelchair walks.

We miss him already!

A beautiful and loving moment captured when Lorli’s granddaughter dropped by to visit.
It was eyes down of a different kind, this time concentrating in our Leather Workshop taken by Peter.
Two little boys were staying with grandparents.
At bedtime the boys knelt by their bed for their bedtime prayers.
The youngest one started praying at the top of his lungs:
“I pray for a bike, I pray for a new Nintendo game, I pray for a new VCR”
His older brother nudged him and said “Why are you shouting your prayers? God isn’t deaf”
His little brother reply “No, but Grandma is”

A mouse died and went to heaven, the mouse appeared before God after a couple of weeks and was asked how things are going in heaven.
The mouse replied “It is such a big place, I get tired of walking to get my dinner”
Roller skates were supplied to the mouse.

A Cat died and went to heaven and was also asked after a couple of weeks how things are going in heaven.
The Cat replied “Great, I even get Meals on Wheels !”

Sister Mary Ann, who worked for a home health agency, was out making her rounds when she ran out of petrol. As luck would have it, a service station was just a block away. She walked to the garage to borrow a petrol can and buy some petrol. The attendant told her that the only can he owned had been lent out, but she could wait until it was returned. Sister Mary Ann was in a hurry.
She looked for something in her car that she could fill with petrol and spotted the bedpan she was taking to one of her patients. She carried the bedpan to the station, filled it with petrol and carried it back to her car.
As she was pouring the petrol into her tank, two Baptists watched from across the street. One of them turned to the other and said:
“If it starts, I’m turning Catholic !”
Big Birthday Wishes to our following Elders coming up in November

Peter Mc  1st
Margaret O  2nd
Barbara M  2nd

Jean celebrated her birthday in October

As did Bev, with her friends in Eden

Gwen followed this up with Rick & Janine dropping in.
Raie celebrated being surrounded by her son and staff.

Completing our October Birthdays was Cliff, who celebrated with his daughter and staff too.
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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**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.

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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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**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
**ELDERS & RELATIVES MEETINGS**

A reminder to please put the below dates in your calendar for 2016

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 October
♦ 13th December

*Time is 10.30am, held in Lower Ground Floor*

**ELDERS CLOTHING**

Please remember:

When bringing in new items of clothing, please put in a bag with that Elder’s full name clearly written on the bag and then given into the Nurses station.

We can then label the new items for you.

**Missing Items:**

We have a box that is situated in the Beauty Salon on Weekends to go through and search for missing items.

**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.

**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:

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Maya Angelou (born Marguerite Annie Johnson; April 4, 1928 – May 28, 2014) was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and was credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees. Angelou is best known for her series of seven autobiographies, which focus on her childhood and early adult experiences. The first, *I Know Why the Caged Bird Sings* (1969), tells of her life up to the age of 17 and brought her international recognition and acclaim.

In 1982, she earned the first lifetime Reynolds Professorship of American Studies at Wake Forest University in Winston-Salem, North Carolina. She was active in the Civil Rights movement and worked with Martin Luther King Jr. and Malcolm X. Beginning in the 1990s, she made around 80 appearances a year on the lecture circuit, something she continued into her eighties. In 1993, Angelou recited her poem "On the Pulse of Morning" (1993) at President Bill Clinton’s inauguration, making her the first poet to make an inaugural recitation since Robert Frost at President John F. Kennedy's inauguration in 1961.

In 2011, Angelou served as a consultant for the Martin Luther King, Jr. Memorial in Washington, D.C. In 2013, at the age of 85, Angelou published the seventh autobiography in her series, titled *Mom & Me & Mom*, that focuses on her relationship with her mother.