Trinity Manor
OCTOBER NEWSLETTER
2016

Tesselaar Tulip Festival
Message from Lifestyle Department

Hi All,

We finish off September with our fabulous Football Luncheon and also a giant win by The Doggies !!!

As promised those without team colors were pictures in my favorite team colors of Red, White & Blue.

Spring blossoms is inspiring all of us to enjoy some of the sunshine, even if it is indoors through picking fruit from our trees, to the beautiful display that mother nature is showcasing to art and poetry writing.

October is shaping up to be a busy month, just when I thought we would have a big breather. Yongala features with a Bus Outing to visit the Kinder and then meeting new friends when the 3 year olds visit us.

Another Bus Outing is scheduled to visit an upcoming exhibition by The Embroiderers Guild of Victoria who are only in Malvern, very close by. We will finish off with coffee close by.

The Students from both Genazzano Girls and Camberwell Boys return this term and we are planning some activities around the children. Elders have requested that we commence our activities later for Fridays to coincide with the time that the student visits.

Senior Style Clothes will be visiting on 25th October commencing from 1.30pm; this is a shop at home group, where you can view some lovely clothes for both men and women, catering for the mature men and women. Come along and have a look, window shopping costs nothing !!

The lovely Dawn Quick and her ladies will be once again entertaining us with their tap dancing and boot scooting show, together with singing some popular songs that we remember. Dawn was a Tivoli entertainer and at 80 years of age, really brings along her energy.

The Elders/Relatives meeting has been scheduled for 11th October, this is an opportunity to have your say in a group setting and to also meet the lovely Jennie Somerville, our new Site Manager. As promised

Jennie has extensive experience working in the health sector in both acute and aged care sectors for well over thirty years as a Registered Nurse. Jennie’s primary focus is on the quality of care delivered to the elderly and in providing the support and care required in the later times in people’s lives. With degrees in nursing, psychology and business, Jennie utilizes this knowledge and experience in the work she undertakes each day. In addition, Jennie has also worked in the tertiary sector at a number of universities in research, systems development and implementation.

Jennie enjoys her garden and spends as much free time as possible pottering around with new plants and garden projects. Two dogs, three cats and four chooks complement Jennie’s home and garden and provide a laugh or two.

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 September newsletter.

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

♦ 3rd October—Bingo—10.30 til 11.30am—Reflection Room
♦ 3rd October — Omega Potts—Music Therapy—Garden Court—1.30 til 2.15pm
♦ 3rd October— Book Reading Club with Chris (Volunteer) - Reflection Room—1.30 til 2.30pm
♦ 4th October— Gym Group Session with Physio—10.00am
♦ 4th October — Beauty Therapist Fran Here Today
♦ 4th October— Reminiscing with Sister Joan—3.00pm—Reflection Room
♦ 5th October — Hairdressers here today—Beauty Salon
♦ 5th October — Gym Group Session with Physio—10.30am
♦ 5th October — Movie of the Week—Theatre Room—1.30 til 3.00pm
♦ 5th October— Catholic Communion—Theatre Room—3.30pm—4.00pm
♦ 6th October — Carpet Bowls with Janine- 10.30am—Lower Ground Floor
♦ 6th October — Gentle Chair Exercises + Mental Aerobics—1.30—2.30pm—Reflection Room
♦ 7th October — Denise—Aromatherapist / Clinical Masseuse Here Today
♦ 7th October — Tai Chi with Lifestyle Staff—10.30 til 11.30am—Reflection Room
♦ 8th October — Trivial Pursuit Team Quiz with students—2.00—3.00pm—Reflection Room
♦ 8th October— Art Therapy with students—2.00pm—3.00pm—1st Floor Dining room
♦ 14th October— Gospel Discussion with Craig & Toni —3.30—4.00pm—Monomeath
♦ 10th October — Bingo—10.30 til 11.30am—Reflection Room
♦ 10th October— Book Reading Club with Chris (Volunteer) - Reflection Room—1.30 til 2.30pm
♦ 11th October — Physio Group Session with Physio—10.00am
♦ 11th October— ELDERS/RELATIVES MEETING—10.30—11.30—LOWER GROUND FLOOR
♦ 11th October— Treble Tones Choir—1.30—3.00pm—Reflection Room
♦ 12th October — Hairdressers here today—Beauty Salon
♦ 12th October — Gym Group Session with Physio—10.30am
♦ 12th October — Leather Making Workshop with Peter —1.30 til 3.30pm—Reflection Room
♦ 12th October — STAFF MEETING—12.30PM—2.30PM
♦ 13th October— Bus Outing— Yongala Kindergarten for Morning Tea—10.00am—11.30am
♦ 13th October— Catholic Mass with Father Jacob—3.00—4.00pm—Reflection Room
♦ 14th October — Denise—Aromatherapist / Clinical Masseuse Here Today
♦ 14th October — Tai Chi with Lifestyle Staff—10.30 til 11.30am—Reflection Room
♦ 14th October— Art Therapy with Students—2.00pm—3.00pm—1st Floor Dining room
♦ 14th October— Knit n Natter Group—1.30—2.30pm—Reflection Room
♦ 14th October — Gospel Discussion with Craig & Toni —3.30—4.00pm—Monomeath
♦ 15th October — Activities with Lifestyle Team —1.30 til 3.30pm
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<th>Date</th>
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<td>Bingo—10.30 til 11.30am—Reflection Room</td>
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<td>Carpet Bowls with Janine—10.30—11.30am—Lower Ground Floor</td>
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<td>Bus Outing—Embroiderers Guild Victoria Exhibition—1.30—3.30pm</td>
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<td>Gentle Chair Exercises + Mental Aerobics—1.30—2.30pm—Reflection Room</td>
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<td>Denise—Aromatherapist / Clinical Masseuse Here Today</td>
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<td>3 Year Old Yongala Kindergarten Morning Together—10.00am—11.30am—Lower</td>
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<td>Gospel Discussion with Craig &amp; Toni —3.30—4.00pm—Monomeath</td>
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<td>Book Reading Club with Chris (Volunteer) - Reflection Room—1.30 til 2.30pm</td>
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<td>Gentle Chair Exercises + Word of the Day—10.30—11.30am—Reflection Room</td>
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<td>Sister Joan’s Bible Discussion Group—2.00pm—Reflection Room</td>
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<td>Senior Style Clothes—Inhouse Clothes Shopping—Lower Ground Floor from</td>
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<td>Hairdressers here today—Beauty Salon</td>
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<td>Gym Group Session with Physio—10.30am</td>
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<td>Dawn Quick &amp; Y Generation—Dancing &amp; Singing—1.30—3.00pm—Lower Ground</td>
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<td>Classical Music Appreciation with Peta—1.30—2.30pm—Reflection Room</td>
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BEAUTY THERAPY CORNER:

Trinity Manor introduced access to a Beauty Therapist, Fran Young in 2015 who provides a range of services. Fran has many years of experience in the field of Beauty Sciences. She has two Diplomas, and was a senior lecture at the Victorian Madame Korner Institute. She has many years experience working in the industry and now specializes in the field of Age Care Beauty Therapy. Fran offers not just a pleasant pampering experience, but a holistic approach to the care and maintenance of the body through all stages of ageing.

The Golden Rules of Simple Skin care by Fran

In order to give your skin the best care, first and foremost choose products specifically designed for your skin type.

A cleansing routine morning and night is recommended to remove built up debris and to stimulate your skin.

Exfoliate your skin ever month as the skin naturally expels dead cells and debris every 28 days. This will leave your skin looking and feeling fresh and smooth while purifying and allowing moisturising to penetrate the pores more effectively.

Moisturising your skin morning and night is very important to maintain smooth supple skin. Dehydration is very common in all skin types and is often overlooked or quite often mistaken as dry skin. Always choose a hydrated moisturiser to replenish fluid loss due to the effect of our summers, air conditioners and external elements.

Sun protection whatever the season is vital. Choose skin care products that include solar filters which will reduce the harmful effects of the sun which will accelerate skin ageing.

Next month – Frequently Asked Questions

VOLUNTEERS REQUIRED:

Helping others kindles happiness, as many studies have demonstrated. Volunteering has been proven to be good for your mind and body, can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. It can keep you mentally stimulated, and add more zest to your life.

BINGO CALLER REQUIRED:

We seek a volunteer who can take on board our Bingo session on a weekly basis. It is a fun activity with Elders that also provides a mental health benefit. Research has proven that a Bingo session can boost thinking and stimulate cognitive thinking which is commonly referred to as either brain reserve or cognitive reserve. Similarly, the cognitive reserve hypothesis states that it is possible to develop the brain’s resistance to neuronal damage and delay the onset of Alzheimer’s.

Interested? you will be hand held through the activity and assisted in running this session until you are comfortable in taking this activity on.

ASSIST IN TAI CHI — REQUIRED:

We seek a Volunteer who will be able to be part of our Falls Prevention program and assist Lifestyle in Tai Chi on a Friday morning. This slow and gentle exercise program is chair based and the volunteer would be required to stand and be able to show Elders movements who have eyesight issues. Training is provided, and you would follow the Tai Chi DVD that was produced with Olivia taking the class.
Father's Day Lunch at Manningham Hotel

Celebrating Father’s Day with a special Lunch out to the Manningham Hotel. The manager and staff were very hospitable, the food was particularly of a high standard and very filling! Robert was surprised by other family and friends who turned up to spend the afternoon with him. It was a great afternoon, one that we will do again and invite others to join us.

As always, Cliff gives us a helping hand on the bus. He took time out to have a go at the Pokie Machine.
Robert surrounded by family and friends.

Cliff (above) with his daughter Bev. Stuart & Bruce enjoying the afternoon with both lads enjoying dessert !!
Following our outing was a special concert delivered by one of our favorite entertainers—Laurel McKenna
The raffle was drawn on the day—Congratulations to the Winners: 1st Place Winner of the BBQ Pack—Stuart with Maria winning 3rd Prize and a family member winning 2nd Prize.

Renee & Wilma help out by picking out the prize winners.
Our friends from Yongala visited, this will be the final visit for 2016 to Trinity Manor by these adorable 4 year olds who have captured our hearts (we look forward to the 3 year old visiting soon). We sang and danced together then got down to crafts together. The morning flew past so quickly.

Gwen has 2 little visitors come to entice her to join the group. That did the trick!
Even parents became involved, making friends, here is Morrie have enjoying the time given to him.
Jessie had plenty of helpers assist with getting the tables ready for our craft session together.
Our Finished Creations
Spring Garden Mural
Little Ruby was saddened by the thought that this is her last visit to Trinity to visit her friends, although she had a fun moment with Bev playing hide & seek.

Then onto lunch with the biggest kid of all in the middle, we again had a competition who had the longest chip on their plate. This amused the children no end who enjoyed their pizza as well.
Goodbye to our friends. We will see you when we visit the Kinder on October 13th for a special morning tea together.
New Life Christian Youth Group

A Sunday filled with fellowship and friendship when our great friends from the Youth Group spent a morning with us, bringing along 3 very special friends.
Brent Parlane brought his A game when singing all the AFL Football themes plus the popular Up There Cazaly and a few other popular songs to the Luncheon Afternoon. Lunch was very tasteful with everyone thanking Matt, our Chef. A huge thank you goes out to our 2 volunteers who made themselves available on a Public Holiday to assist on the day. Lots of fun was had by all, and yes—those that did not wear team colors had photos taken in Jessie’s favorite team—Bulldogs.

Our 2 Knit n Natter Volunteers also joined us. June & Betty with the Sherrin made by Elders
Even Carl threw his support behind the Bulldogs

Enid singing her beloved Collingwood Theme song
Kath & Chris—who volunteered their time, assisting Lifestyle & Elders.

Kath is dwarfed in between Jessie & Chris!
We had a lot of fun

Ian caught having a beer whilst Brent (right) belts out another Footie Theme song.
We caught Helen in Café Westbury with a beautiful scarf that matched the Autumn scenery behind her.

Also found in Café Westbury enjoying a coffee was Bonnie who was visited by her good friend, who we learnt use to work for Bonnie & her husband in their printing business. Their friendship spans over a few decades.

Enid took advantage of Café Westbury when friends from overseas visited recently.

Staff had a photo opportunity with Enid.
A farewell concert held by our littlest volunteer Caitlin before school holidays with George as her accompaniment. We will miss you Caitlin, thank you for the time you gave us here at Trinity Manor.

Family friend visits Enid and her sister Kath.
Spring has truly sprung, our fruit trees have produced some delicious fruit that we take great delight in picking and then eating or sharing with staff.

Almost got it; ooh almost there, just hook my walking stick, stick my tongue out and viola !! I got it !!!!
Rhythm of Daily Life
Cliff shared the beautiful blossoms on the tree outside his room with everyone. If he had sold tickets I am sure he would have gotten a pretty penny by all that visited. Thanks Cliff!

Floral Arranging, one of our favorite pastimes.
Rocky being a gentleman—presenting the ladies with a flower—aww how sweet!

Pom Pom is enjoying spending time with Elders each week, finding her job in providing Pet Therapy quite rewarding.
An afternoon spent with the sun streaming in over wine & cheese in our Classical Music Afternoon, thanks to Peta.

Kathleen was happy to help with some extra floral arranging from flowers picked out of our garden.
On a crisp drizzly Spring day, the Elders Sat in the reflection room looking out the window where we had set up tables and chairs to take in the wonder of early spring. The flowers are beginning to burst open, as we imagined what kind of wonderful colorful flowers they might be. We also took in the beautiful drizzly day, and the mysterious mistiness of it. As we slowed down, we took in the new season which began to inspire us to write some poetry, to paint, to create, to remember. With a cup of tea and yummy cake in hand we set to it and came up with some wonderful works.

Pat was inspired by the wonderful colour she was seeing outside and started to mix a fantastic palette of colours, then by layering the paint she made this incredible landscape transforming the blank page before her with a heart warming Spring master piece.
Funniest Puns

- I wondered why the baseball was getting bigger. Then it hit me.
- A friend of mine tried to annoy me with bird puns, but I soon realized that toucan play at that game.
- Did you hear about the guy who got hit in the head with a can of soda? He was lucky it was a soft drink.
- Have you ever tried to eat a clock? It’s very time consuming.
- I’m reading a book about anti-gravity. It’s impossible to put down.
Big Birthday Wishes to our following Elders coming up in October

Jean McD  5th
Bev N.     9th
Gwen H.   13th
Raie B.   18th
Cliff R.   20th

Happy Birthday to Bunty who celebrated with Elders & Staff before celebrating with family.

Ian with his sister Peta and of course Carl !! Happy Birthday Ian.

A birthday is just the first day of another 365-day journey around the sun.
Enjoy the trip.
DandelionQuotes.com
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 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

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

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.

Deependne 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

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.

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.
Elizabeth Barrett Browning, 6 March 1806 – 29 June 1861 was one of the most prominent English poets of the Victorian era, popular in Britain and the United States during her lifetime.

Born in County Durham, the eldest of 12 children, Elizabeth Barrett wrote poetry from about the age of six. Her mother's collection of her poems forms one of the largest collections extant of juvenilia by any English writer. At 15 she became ill, suffering intense head and spinal pain for the rest of her life.

Elizabeth's volume *Poems* (1844) brought her great success, attracting the admiration of the writer Robert Browning. Their correspondence, courtship and marriage were carried out in secret, for fear of her father's disapproval. Following the wedding she was indeed disinherited by her father. The couple moved to Italy in 1846, where she would live for the rest of her life. They had one son, Robert Barrett Browning, whom they called Pen. She died in Florence in 1861. A collection of her last poems was published by her husband shortly after her death.

Elizabeth's work had a major influence on prominent writers of the day, including the American poets Edgar Allan Poe and Emily Dickinson. She is remembered for such poems as "How Do I Love Thee?" (Sonnet 43, 1845) and *Aurora Leigh* (1856).

How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
   For the ends of Being and ideal Grace.
I love thee to the level of everyday's
Most quiet need, by sun and candlelight.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.
I love thee with the passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
   With my lost saints,—I love thee with the breath,
Smiles, tears, of all my life!—and, if God choose,
   I shall but love thee better after death.