Lifestyle Team Message  
Monthly Calendar  
Visiting Reptiles  
Visiting Yongala Kinder  
For Morning Tea  
4 Year Old Kinder Visit  
Bus Outings  
3 Year Olds Visit from Yongala  
Rhythm of Daily Life  
Carls Comic Corner  
Birthdays  
Housekeeping Info  
Poppies for Remembrance Poem  

Remembrance Day  
11th November  
at 11th Hour We Observe 1 Minute of Silence  

When You Go Home Tell Them Of Us And Say For Your Tomorrow We Gave Our Today
Hello Everyone,

Lovely to see our young friends from Yongala again. They are so excited when a few of our intrepid Elders make their way to their Kinder. These children do become melancholy when they realize this may be their last time to be with their Trinity Manor friends.

Then we begin our program again with 3 year olds that visit. Their first time to Trinity Manor is full of wonder for them, eye wide open, a bit shy. Funny how that seems to go away the next time they visit, when they join the 4 year old group in 2018.

We wish to announce that Father Jacob will be conducting Catholic Mass at 3.00pm each Sunday. Father Jacob welcomes all from various denominations. Please give him your support in attending.

Our fabulous Oaks Day Luncheon will be upon us in the blink of an eye. The theme color, as highlighted by Flemington is Pink. So please join us in this theme color with ladies wear your fascinators, flowers in the hair, hats, scarf etc and men join us with color too.

Cinzia is working on a special theme for her High Tea which she conducts. I am on strict instructions not to reveal, but I can tell you she is working hard in the background. Mmmm can anyone guess what it would be?

Talking about Intergenerational programs, we are also excited that 7 of our Centenarians have been selected to take part in an Intergenerational artistic program with the Victorian Seniors Festival & State Victoria. Seniors week occurs in October, the Launch will occur on Sunday 8th October at 3.30pm whereby we will view the portraits that students have completed. A Bus Outing is definitely on the cards for this one.

We have introduced Rock Painting with Elders and have to say, that Elders have taken this craft work quite well. Why you may ask? The artistic temperament encourages dignity, validation, a sense of wholeness and not only creates the ability to challenge our Elders, but it does bring about happiness and fulfillment. What next for our Rocks?

Our thought processes, and with Elders permission, a particular project idea is to see our Rocks made with love, travel far and wide. Once completed we will gift our rocks to people living within our community, leaving them on doorsteps, gift to shop keepers with a note, asking people to load their pictures and travels with their rocks on Trinity Manor facebook. Fingers crossed we get great reactions from people and let them realize that there are amazing people living at Trinity Manor.

I am getting in early—keep your eye out in November for our Christmas Luncheon Bookings. For our newer Elders and Families, we have 2 Luncheons before Christmas time. Choose your dates from 14th or 15th December on the booking form.

From there we will also ask you who is coming and going on Christmas Day, Boxing Day and around that time. Do you need the loan of a wheelchair? Also a tip—if requiring a Maxi Taxi book in early!! Please keep your eye out at Reception or on our Notice Boards.

Please remember to look out for our Weekly Activities Planner to see what is happening for the week and also keep an eye out for special Posters too. As always we look forward in receiving any suggestions you may have to include in our Activity Program for 2017.

Remember to look us up on Facebook and give us a big thumbs up!

We hope you enjoy the November newsletter.

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team
Remember to View the Weekly Lifestyle Activity Planner & Board for further information of other Activities Offered, plus look at Reception for Special Event Posters.

Please check 1st Floor Separate Activity Calendar

Suitable Activities offered in Garden Court from 9.30 til 11.30am—3.15 til 4.00pm

Genazzano Students Visit this School Term

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1st — GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
1st — HUXLEY—DELTA THERAPY DOG—Visiting Elders Today
1st — HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
1st — PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
1st— BERNIE S. & LAUGHING GROUP CHOIR —1.30—3.00pm—Reflection Room

2nd—CARPET BOWLS—10.30—11.30am—Lower Ground Floor
2nd—BUS OUTING with DAVE (Volunteer) - 1.30pm
2nd — FUN & FITNESS WITH JOSH—1.30—2.30pm—Reflection Room
3rd — DENISE—CLINICAL MASSEUSE HERE TODAY
3rd — TAI CHI—10.30—11.30am—Reflection Room
3rd — K N NATTER WITH VOLUNTEERS—2.00—3.00pm—Reflection Room
3rd — BIBLE DISCUSSIONS WITH GAVIN (Volunteer) - 3.30—4.00pm—Monomeath
6th — BINGO—10.30—11.30am—Reflection Room
6th — DOCUMENTARY—1.30—3.00pm—Reflection Room
7th—Walks & Activities with Care Staff—MELBOURNE CUP SHOWING ON MAIN LOUNGE TV’s
8th — GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
8th— HUXLEY—DELTA THERAPY DOG—Visiting Elders Today
8th— HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
8th— PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
8th— FLORAL ARRANGING—1ST FLOOR—1.30pm—3.00pm—All Welcome to Assist
8th — CATHOLIC COMMUNION—3.30—4.00pm—Reflection Room
8th — SETTING UP FOR OAKS DAY LUNCHEON
9th— SMALL DISCUSSION GROUPS— 10.30—11.30am
9th— OAKS DAY LUNCHEON—PINK THEME—ENTERTAINMENT WITH LAUREL MICKENNA—12.00n—2.00pm
9th — STAFF MEETING—12.30—2.30—Reflection Room
10th—DENISE—CLINICAL MASSEUSE HERE TODAY
10th— TAI CHI—10.30—11.30am—Reflection Room
10th — MOVIE OF THE WEEK—1.30—3.00pm—Reflection Room
10th— BIBLE DISCUSSIONS WITH GAVIN (Volunteer) - 3.30—4.00pm—Monomeath
12th— CATHOLIC MASS WITH FATHER JACOB—ALL DENOMINATIONS WELCOME—3.00pm—Reflection Room
13th—Bingo—10.30—11.30—Reflection Room
13th— QUIZ GROUP—1.30—2.30pm—Reflection Room
14th— FRAN BEAUTY THERAPIST HERE TODAY
14th— GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
14th— PHYSICAL EXERCISES—11.00—11.30pm—Monomeath
14th— BOOK READING GROUP WITH CHRIS (Volunteer) - 1.00—2.30pm—Reflection Room
15th— GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
15th — HUXLEY—DELTA THERAPY DOG—Visiting Elders Today
15th — HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
15th — PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
15th— FUN & FITNESS GROUP—1.30—2.30pm—Reflection Room
16th— CARPET BOWLS—10.30—11.30am—Lower Ground Floor
16th—BUS OUTING—1.30pm
16th—MOVIE OF THE WEEK—1.30pm—3.00pm—Reflection Room
17th—DENISE—CLINICAL MASSEUSE HERE TODAY
17th—KNIT N NATTER WITH VOLUNTEERS—2.00—3.00pm—Reflection Room
17th—BIBLE DISCUSSIONS WITH GAVIN (Volunteer) - 3.30—4.00pm—Monomeath
19th—CATHOLIC MASS WITH FATHER JACOB—ALL DENOMINATIONS WELCOME—3.00pm—Reflection Room
20th—BINGO—10.30—11.30am—Reflection Room
20th—OMEGA POTTS—MUSIC THERAPY—1.30—2.15PM—1st Floor Dining Room
20th—HIGH TEA WITH CINZIA—Special Subject—2.00—3.00pm—Reflection Room
21st— GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
22nd—PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
21st—BOOK READING GROUP WITH CHRIS (Volunteer) - 1.00pm—2.30pm—Reflection Room
22nd—BOOK READING WITH CHRIS (Volunteer) - 1.00—2.45am—Reflection Room
22nd—GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
22nd—HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
22nd— PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
22nd—FUN & FITNESS—1.30—2.30pm—Reflection Room
22nd—CATHOLIC COMMUNION—3.30—4.00pm—Reflection Room
23rd—CARPET BOWLS—10.30—11.30am—Lower Ground Floor
23rd—CLASSICAL MUSIC APPRECIATION—LIVE PERFORMANCE—1.45—3.00pm—Reflection Room
24th—DENISE—CLINICAL MASSEUSE HERE TODAY
24th—TAI CHI—10.30—11.30 am—Reflection Room
24th—LEATHER WORKSHOP WITH PETER—2.00—3.00pm—Reflection Room
24th—BIBLE DISCUSSIONS WITH GAVIN (Volunteer) - 3.30—4.00pm—Monomeath
26th—CATHOLIC MASS WITH FATHER JACOB—ALL DENOMINATIONS WELCOME—3.00pm—Reflection Room
27th— BINGO—10.30—11.30am—Reflection Room
27th—EXERCISE TO MUSIC + WORD OF THE DAY 2.00—3.00pm—Reflection Room
28th—GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
28th—FRAN BEAUTY THERAPIST HERE TODAY
28th—BOOK READING GROUP WITH CHRIS (Volunteer) - 1.00—2.30pm—Reflection Room
29th—GYM GROUP WITH PHYSIO—10.30—11.30am—Gymnasium
29th—HUXLEY—DELTA THERAPY DOG—Visiting Elders Today
29th—HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
29th— PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
29th—FUN & FITNESS—1.30—2.30pm—Reflection Room
30th—CARPET BOWLS—10.30—11.30am—Lower Ground Floor
30th—SHARON WHANA ENTERTAINS—1.30—2.30pm—Lower Ground Floor
In our travels we have formed a friendship with Elders living at Mary McKillop in Camberwell. Both groups have had the opportunity to be involved in respective activities and on this occasion we were invited to enjoy some special visitors. Australian Animals—we learnt not only of the animals themselves but the importance of preserving their environment for all to enjoy these unique animals and reptiles.
Also at the presentation were Parrots, Green Tree Frogs, Blue Tongue & Stumpy Lizards plus this adorable Sugar Glider Possum. With Afternoon Tea thrown in we had a wonderful afternoon.
A visit to see our friends from Yongala Kinder occurred with the children waiting expectantly for our arrival. We felt like movie stars as the children cheered when the bus drove up and we alighted from the bus to walk the path to their kinder. All took charge in giving us the royal escort into their kindergarten for games, companionship and morning tea.
Our friends were keen to show us their little chickens

The children were very keen to show what they get up to!
Janine, our volunteer, assisted on the day. In fact Janine has not missed a day over the past 5 years in visiting the kinder.

The children made plasticine Cupcake and mini Birthday Cake to take back to Trinity Manor for Gwen who was not able to visit this time around. How thoughtful!
Then it is onto singing and interactions with Elders & a break for Morning Tea
Some great weather experienced this month and we certainly took advantage of the weather to get out and about.

The first "hot" day of the Season (it hit 28 degrees) Cinzia & Dave (our Volunteer) took Elders for a ride down to the banks of the Yarra

*Our Outing aligned with a tune we all know so well …………."

ONCE A JOLLY SWAGMAN CAMPED BY A BILLABONG’
Yes we had a JOLLY TIME sitting by the Yarra River

‘UNDER THE SHADE OF A COOLIBAH TREE’
The Trinity Gang gathered under an old Iron Bark Tree
‘AND HE SANG AS HE WATCHED’
Stuart looks like he might break out in song? . . .

‘AND HE WAITED ‘TIL HIS BILLY BOILED’
We came prepared with a Thermos of course!

YOU’LL COME A- WALTZING MATILDA, WITH ME
. . . .under a tree! (just made that up- ‘cause it rhymes)
After roughing it (ha ha)

We thought it time for a trip to Box Hill RSL for Lunch.

Josh was our bus driver with family & Elders + Leah (Lifestyle Student) joining in.

Ahh a lovely drink to begin with
Then onto a sumptuous meal!

Great way to spend an afternoon, good company, good food and a welcoming environment.
Time to commence our Kinder visits all over again with the 1st visit by 3 year old kinder children. We learnt that there are 4 sets of twins at the kinder!!

We find the children shy at the beginning, but something occurs when they reach 4 and their personalities burst through.

This is such a rewarding program for everyone!

Little Ruby, at 6 months was an absolute charming little girl. We all took delight in meeting with Ruby, her mum and her 3 year old twins.

Interesting to note—Jeremy, her oldest son was part of our program and we met the twins at 3 months of age when all came to visit Trinity those few years ago. Where has the time gone!!

Morning Tea with one another, we also break the ice with Children who are keen to use a walker.
Singing & Playing Games appeals to the children
Jessie brought in a book she recently purchased, all about how the Greek Communities throughout Australia implemented Cafes & Milk Bars. Elders found the book and its contents fascinating and we reminisced about our own corner store, back in the days.................
With lovely weather upon us we are taking advantage in getting out for a walk around Deepdene. Of course we are sun smart and ensure we have our hats on.
And at other times we can rope family members to join us.

Two lovely students spent a day with us for Community Service. Here we are trying a new activity—Rock Painting!
Staff surprised Jessie on her birthday, and it was truly a surprise!! Celebrating with Staff, Elders & Denise our Clinical Masseuse

Wonderful George entertained on the Piano for us one afternoon.

Huxley, our Delta Therapy Dog enjoys his Weekly visits and cuddles!

A café sojourn during one of our outings
We received this beautiful photo from Judith’s daughter, Anne

4 generations pictured here

Thank you for sharing this gorgeous picture that will be treasured for sure.
We call this photo—Lorli’s ‘My Audrey Hepburn Look’

‘A Rose is a Rose is a Rose’
Marjorie’s favourite bloom is a deep Velvet Red Rose with a true ‘Old English Rose Perfume’
Whilst we are profiling pictures, here is a beautiful picture of our Volunteer, Helena.

Here is Helena at her Graduation.
Finally completed her Bachelor of Business (Accounting)

We are all so proud of you Helena!!!
Our Rock Painting project is gathering a lot of interest amongst our Elders.

We have a special project in mind for them!!

Students have also been helping us during their Friday visits.
Activities specific to 1st Floor. Care Staff assisting and supporting Elders in Activities. These target activities are great for hand & eye concentration, cognitive recognition, physical movement & general fun!!
Helen’s family drop in for a visit, lovely for all to take advantage of our courtyard, plus the little one helping out in the garden!

Beverly and Cliff help Josh the Jungle Boy (?) with the Grapefruit Harvest. A smaller yield this year—BUT they smell SO fragrant and feel plump and juicy!
Its eye’s down for Bingo led by Priti & with Leah assisting.

Aldo (left) is quite happy being involved.

Steve, (above) from Senior Style gets our inhouse sale ready for the stampede!

Pom Pom & Carl like to spend time together out in the courtyard

More Activities That Are Physically Challenging
Sitting beside the highway to catch speeding motorists, a Policeman spots a care puttering along at just 22 kilometers per hour.

So he turns on his lights and pulls the driver over.

Approaching the car, he notices five elderly ladies, and all except the driver are as white as ghosts.

The driver says: “Officer what’s the problem? I was doing exactly the speed limit”
The Policeman replies “Well, you weren’t speeding, but driving slower than the speed limit can also be a danger to other drivers.”

The driver says, “But I was doing the speed limit exactly—22 kilometers an hour!.
The Policeman trying to contain a chuckle explains 22 is the number of the highway, not the speed limit.

Embarrassed, the driver grins and thanks the officer for pointing out her error.

“But before I let you go, ma’am, is everyone in this car OK?” he asks. “These women seem awfully shaken and they haven’t made a peep this whole time.”

“Oh, they’ll be all right in a minute officer” the driver says, “We just got off Highway 189!”
Big Birthday Wishes to our following Elders coming up in November 2017

Peter Mc  1st
Marjorie J.  8th
Angeliki G.  5th
Kay H.  16th

Happy Birthday to All Our Wonderful Elders who Celebrated their Birthday with Family & with Staff.

Cliff with His Daughter, Bev & Staff
Join In to Celebrate

Jean Gets to Make Her Wish

Gwen & Family Birthday Celebrations Included The Dog
Trinity Manor has an active Health and Safety Program and has systems in place to identify and eliminate/control hazards. If an elder or visitor identifies a hazard please inform staff verbally or complete an Improvement Form for us to follow up. Please ensure your own safety and that of other elders and staff by being mindful of closing doors behind you.

Staff have been trained for emergency procedures. In the event of an emergency, for example fire, follow staff’s instructions. Emergency practice drills are conducted each year. You may be asked if you would like to participate.

Trinity Manor is well protected with its advanced and extensive fire detection and fire fighting installations. However, it is recommended that you familiarise yourself with the fire exit locations.

If you hear fire alarm sounding, please wait for 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.

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 see Joseph Chacko or Lifestyle Staff who will be able to organise 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.

TUESDAYS

* 12th December
Time is 10.30am, held in Reflection Room
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

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.
Poppies for remembrance

Scarlet poppies can flutter like fragile butterflies in the dry yellow corn of summer.

And they can dance like graceful ballerinas among the feathery stalks of barley.

Red poppies can glow like bright little lamps on our warm winter coats in November.

And they can whisper, like long-lost voices from the forgotten fields of Flanders.