Lifestyle Team Message

Monthly Calendar

Outing—Wattle Park
Flynn, Maeve & Tully Perform
New Life Christian Youth Group

Xavier Students Visit
Peta & Waterford Valley Choir
Cinzia’s Back To School
Art of Cake Decorating with Bev
Dinner with Volunteers
Elders & Relatives Xmas Party

Staff Party On
Rhythm of Daily Life
Carl’s Comic Corner
Birthdays
Housekeeping Info
MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

Thank you to my wonderful team who took the reins and undertook getting the December 2017 Newsletter out.

They did a fabulous job of things whilst I took a well earned 2 week holiday in Margaret River, where I discovered the region, played golf, read books, met local identities and taking part in the Food & Wine Festival there. It was glorious and boosted my energy supplies for the New Year.

2017 has come and gone and here we are looking forward to 2018. 2017; it had been fun and exciting for the team to deliver a robust activity program full of surprises, introducing new activities and improving on some of the ones you know so well and enjoy being part of. The team will continue running an exciting program for 2018 with special events organised with room for surprises too, so keep your eye out for our Activity Planner & our Posters.

For myself, personally it has been rewarding to oversee the program. The relationships we formed within the community has brought many wonderful new memories shared together.

I would like to highlight the wonderful volunteers, entertainers, family members who have assisted us when we have put the call out for support, thank you everyone. The time you have given to the Lifestyle Team and more importantly the Elders does not go unrecognized no matter how big or how small your efforts are, we are grateful for your commitment.

We are back slowly for January (if you could call it slowly) after a busy and full December of partying, Santa visiting Elders in their rooms etc. Some of our Volunteers who are taking a well earned break over January, I am so pleased to say that they will be back with vim and vigour commencing February. A few of our Volunteers are still around providing individual visits during this time.

Keep your eye out for our 1st entertainer of the year, Stephanie Renouf, then Peter is back hosting his Leather Making Workshops. For Australia Day Celebrations we thought of doing something quite different this year—we will have live Australian Animals, presented by Australian Wildlife Group. Check out a Lizard or two, an Owl or if you are brave a Snake!!!

A reminder to Check out ‘Weekly Activities Planners’ - as well as ‘Special Event Posters on our Communal Bulletin Boards to keep up with all the latest happenings. Ask any time for Copies of Elder Photos – these can be printed on demand; to give family and friends.

As always we welcome Family & Elder input in new Activities we could introduce in 2018. We love feedback and suggestions!

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

We hope you enjoy the January newsletter.

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team
**Recreational Activities for January 2018**

- View ‘Weekly Lifestyle Activity Planner’ for Activity Details on Bulletin Boards
- View ‘Special Event Posters’ displayed at Reception & on Bulletin Boards
- View ‘Extra Activities’ in 1st Floor Dining Room
- Suitable Activities offered in Garden Court in the Morning and Afternoons

**MONDAY 1ST**—PUBLIC HOLIDAY—ACTIVITIES WITH CARE STAFF
**TUESDAY 2ND**—GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
**TUESDAY 2ND**—PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
**WEDNESDAY 3RD**—GYM GROUP WITH PHYSIO—10.30—11.00pm—Gymnasium
**WEDNESDAY 3RD**—HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
**WEDNESDAY 3RD**—PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
**WEDNESDAY 3RD**—FUN & FITNESS WITH DANIEL & JOSH—1.30—2.30pm—Reflection Room

**THURSDAY 4TH**—CARPET BOWLS—10.30—11.30am—Lower Ground Floor
**THURSDAY 4TH**—BUS OUTING—WATCH THE SUNSET BY THE ST KILDA FORESHORE—7.00pm—9.30pm
**FRIDAY 5TH**—TAI CHI—10.30—11.30am—Reflection Room
**FRIDAY 5TH**—ELDERS & LIFESTYLE STAFF—CONTINUE TO PACK AWAY XMAS DECORATIONS

**SUNDAY 7TH**—CATHOLIC MASS—All Denominations Welcome to pray—3.00pm—Reflection Room

**MONDAY 8TH**—BINGO—10.30am—11.30am—Reflection Room
**MONDAY 8TH**—BOOK READING WITH CINZIA—1.30—3.00pm—Reflection Room
**TUESDAY 9TH**—BEAUTY THERAPY SERVICES WITH FRAN
**TUESDAY 9TH**—GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
**TUESDAY 9TH**—PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
**TUESDAY 9TH**—ENTERTAINER—STEPHANIE RENOUF—1.30—2.30pm—Lower Ground Floor

**WEDNESDAY 10TH**—Please Note No Hairdressers Today—They are on Holidays this week Only
**WEDNESDAY 10TH**—GYM GROUP WITH PHYSIO—10.30—11.00am—Gymnasium
**WEDNESDAY 10TH**—MORNING COFFEE & DISCUSSIONS—10.30—11.00am—Eden
**WEDNESDAY 10TH**—MORNING DISCUSSIONS—11.00—11.30am—Monomeath
**WEDNESDAY 10th**—FUN & FITNESS—1.30—2.30pm—Reflection Room
**THURSDAY 11TH**—CARPET BOWLS—10.30—11.30am—Lower Ground Floor
**THURSDAY 11TH**—MOVIE OF THE WEEK—1.30—3.00pm—Reflection Room
**FRIDAY 12TH**—TAI CHI—10.30—11.30am—Reflection Room
**FRIDAY 12th**—LEATHER WORKSHOP WITH PETER—1.30—3.00pm—Reflection Room

**SUNDAY 14TH**—CATHOLIC MASS—All Denominations Welcome to pray—3.00pm—Reflection Room

**MONDAY 15TH**—BINGO—10.30am—11.30am—Reflection Room
**MONDAY 15TH**—HIGH TEA WITH CINZIA—2.00pm—3.00pm—Reflection Room
**TUESDAY 16TH**—GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
**TUESDAY 16TH**—WALKING GROUPS—10.30—11.30am—Various Elders Invited
**TUESDAY 16TH**—QUIZ & MENTAL AEROBICS—1.30—2.30pm—Reflection Room
Recreational Activities for January 2018

WEDNESDAY 17TH — GYM GROUP WITH PHYSIO—10.30—11.00pm—Gymnasium
WEDNESDAY 17TH — HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
WEDNESDAY 17TH — PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
WEDNESDAY 17TH — BEACH DAY ACTIVITIES—1.30—2.30pm—Lower Ground Floor
THURSDAY 18TH — CARPET BOWLS—10.30—11.30am—Lower Ground Floor
THURSDAY 18TH — MOVIE OF THE WEEK
FRIDAY 19TH — TAI CHI—10.30—11.30am—Reflection Room
FRIDAY 19TH — WALKING GROUPS—1.30—2.30pm—Various Elders Invited
FRIDAY 19TH — GENERAL BIBLE DISCUSSIONS WITH GAVIN (Volunteer) - 3.00pm—Monomeath
SUNDAY 21ST — CATHOLIC MASS—All Denominations Welcome to pray—3.00pm—Reflection Room

MONDAY 22ND — BINGO—10.30am—11.30am—Reflection Room
MONDAY 22ND — MOVIE OF THE WEEK—AUSSIE MOVIE—1.30—3.00pm—Reflection Room
TUESDAY 23RD — BEAUTY THERAPY SERVICES WITH FRAN
TUESDAY 23RD — GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
TUESDAY 23RD — PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
TUESDAY 23RD — BOOK READING WITH CINZIA—1.30—3.00pm—Reflection Room
WEDNESDAY 24TH — GYM GROUP WITH PHYSIO—10.30—11.00pm—Gymnasium
WEDNESDAY 24TH — HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
WEDNESDAY 24TH — PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
WEDNESDAY 24TH — FUN & FITNESS—1.30—2.30pm—Reflection Room
THURSDAY 25TH — A VISIT WITH ANIMAL HANDLER—AUSTRALIAN WILDLIFE ANIMALS—Learn About Our Aussie Animals—AUSTRALIA DAY CELEBRATIONS—10.45am—12.00noon
THURSDAY 25TH — CARPET BOWLS—1.30—2.30pm—Lower Ground Floor
FRIDAY 26TH — PUBLIC HOLIDAY—Activities with Care Staff
SUNDAY 28TH — CATHOLIC MASS—All Denominations Welcome to pray—3.00pm—Reflection Room

MONDAY 29TH — BINGO—10.30am—11.30am—Reflection Room
MONDAY 29TH — MOVIE OF THE WEEK—1.30—3.00pm—Reflection Room
TUESDAY 30TH — GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
TUESDAY 30TH — PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
TUESDAY 30TH — BOOK READING WITH CINZIA—1.30—3.00pm—Reflection Room
WEDNESDAY 31ST — GYM GROUP WITH PHYSIO—10.30—11.00pm—Gymnasium
WEDNESDAY 31ST — HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
WEDNESDAY 31ST — PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
WEDNESDAY 31ST — WALKING GROUPS + SMALL GROUP DISCUSSIONS—1.30—3.00pm—Reflection Room
The final visit to Wattle Park Chapel for 2017, where we were spoilt with home made food, entertainment by Peter Breen, an amazing singer & pianist plus words from the Pastor.

Good friend, Good food, Special Prayers

= A fabulous afternoon catching up with friends.

The benefits of shopping:
- Shopping Lifts Your Mood
- Improves Mental Acuity
- Its also a form of Exercise

Lovely to see Renee, Merle & Dawn taking advantage of shopping!!
Three of our favorite Irish Dancers who we have seen grow up over the past 5 years as they have volunteered themselves to perform over St Patrick’s celebrations popped in to perform for us.

We received a well written email from Flynn (who is now 14!!! Where has the time gone!!), which I thought I would share and explains their day here with us:

My name is Flynn Wilkinson and I am writing on behalf of my sister Maeve and I. We have been doing Irish dancing for quite a while now. You may remember us as we have been coming every St Patrick’s Day since I was seven years old, to dance in your retirement home. I am now fourteen and Maeve is ten. I also have another sister who is 7, she was a baby when she first came along. I have curly hair and Jessie always comments on how much taller I am getting.

I am writing to tell you that Maeve and I recently qualified for the World Championships of Irish Dancing in 2018. This is a huge honour and something we both really want to do, so we are currently trying to raise money so that we can attend. The World Championships will be held in Scotland next March.

Together, we were wondering if we could come and entertain you again, perhaps on a Saturday or a Sunday. I also play the keyboard and piano accordion (the main instrument of Irish dance music) and I am learning to play the dance tunes required for competing. Just recently I completed my Grade 3 AMEB piano exam and received an A. I would love the opportunity to come and play the songs while Maeve dances. I could also dance for the residents or play my favourite tunes on the keyboard (such as The Sting’s Entertainer), just to change it up.

We are asking for a small donation to help us fund our trip to Scotland so that we can dance.

Elders when informed, were keen to assist our friends with their trip to Scotland.

Happy to inform everyone that with a Gold Coin donation we raised $100.00 towards their trip. We will know more in March of 2018 how they get on.
Trinity Manor  8-14 Pretoria Street, Balwyn, 3103 PH:9817-2838

Flynn Is Now Taller Than Me!!
Our Friends From
New Life Christian Youth Group

The youth group continue to build friendships with us, and we with them. I am happy to also say that the Youth Group are very keen to return in 2018 and we have already set the dates to visit.

The boys have been practicing Acapalla style of singing, they were amazing, we asked for more.

Lovely to see Pastor Sam come by to say Hello

Some wonderful Christmas messages which had us enthralled.
We welcomed Students from Xavier School’s Year 4 class who visited us in December, to read their historical narratives of WW1 the Battle of Beersheba, and to sing some Christmas Carols with Elders. What lovely young people who spent the time chatting to us further, assisting others to sing. 

Morrie and this young man clicked right away. Lovely to see the two communicate effectively.
Bernie and his friend were both in fine voice singing loud and proud!!
We all know our wonderful volunteer Peta who host our monthly Classical Music Afternoons over a glass or two of wine with Cheese & Biscuits.

However, her talents knows no boundaries, as Peta organized her friends from Waterford Valley Retirement Village Choir to visit and sing for us. It was lovely to spend time with them all over afternoon tea as well. Thank You Everyone.
Cinzia conducted one of her amazing Armchair Lecture Activity, with the Lecture Topic being:

‘QUIRKY WORDS for a CLEVER TONGUE’

Liz got into the spirit of it and managed to answer most questions – Teachers Pet? Renee looked worried – was I going to hand out Homework!? 

Try these:

WHAT IS AN OXYMORON?
An expression or figure of speech that contains words that would normally be contradictory, like: “fine mess”, “deafening silence”, “alone together”, seriously funny”

WHAT IS A PANGRAM?
A sentence that uses every letter of the alphabet. The most famous pangram is: “The quick brown fox jumps over the lazy dog”.

DID YOU KNOW?: In the Eighteenth Century, a slang description for a School Teacher was ‘Haberdasher of Nouns and Pronouns”

We had such fun, but can I tell you – the Elders kept me on my toes. Helen Hoyle (A career in teaching as well as a Vice Principal) kept pulling me up on my word pronunciation!

Ciao Cinzia
Bev, our volunteer, recently hosted a 2 day Cake Decorating Workshop with Elders. Bev is quite skilled in the Art of Cake Decorating and brought her skill to Trinity Elders.

We learnt a lot from Bev in regards to the different types of Decorations using Edible Ink’s, various Edible colors & other Techniques.

Our theme for the workshops was creating sugar centerpieces for our Xmas Luncheon, from Snowmen to Snowflakes.
Not so sure about this, oh wait, my Snowman turned out great!

Even staff found the workshop fascinating
Icing rolled out and cut out, next ready for coloring. Connie peruses them all.

Helen completes coloring in Santa
Trinity and Elders are incredibly fortunate to have a group of wonderful Volunteers. Certainly our Lifestyle Program would not be as robust without these incredible people who without question are always here to assist the Lifestyle Department and Elders, whether hosting Group Activities, providing 1:1 Visits and Spiritual Care, assist in Outings and Special Events the work that each and everyone of these people does is recognized.

Management & Lifestyle Team hosted a special dinner to simply say Thank You. Most Volunteers attended & gathered at Osteria 20 in Hawthorn. The meal was fresh and yummy with the service incredibly high. We all had a fun and relaxing evening.
ELDERS / RELATIVES & FRIENDS

CHRISTMAS LUNCHEON PARTY
Two wonderful fun afternoons spent in the company of each other with friends and families joining in. Santa brought plenty of smiles and our 2 Entertainers had us singing the old carols we know so well.
Merle was quite in the Christmas Spirit

Hey what’s going on here? Is it the naughty and nice version, or who has been into Santa’s wine!!
Bah Humbug!
Mike getting everyone singing.
Staff celebrated Christmas at a get together over dinner.

We had a fabulous time, catching up and talking about families, traditions and other general conversations.

Wondering if you can recognize Staff all looking gorgeous—the men included!
Mmmm something definitely interesting going on here
Why else would we see George in this *(non-fashion)* garment?
At the ready – he lead the charge to Sandbagging the Driveway down to the Car Park. Fortunately; we came through with only sodden garden beds, drooping hydrangeas and rose petals strewn about the Courtyard. All staff parked their cars out in neighboring streets *(my car got a wash – I was happy)*.

The Elders didn’t know what all the fuss was about – but enjoyed a giggle when seeing the ‘White Elves’ gliding through the building throughout the day. *After all, We’re all here to provide fun and entertainment!*
Rhythm of Daily Life...

Josh at the “Shed” - making cognitive activity items plus our light weights with Pool Noodles

Elders helped out with the decorations!
Rhythm of Daily Life...

Staff also help out!
Jill the 1st, our beautiful Cockatiel unfortunately passed away peacefully last month, leaving Jack lonely. However we were kindly donated Jill 2nd, who filled that void for Jack. She is quite a vocal girl, loves singing to our Elders in Garden Court has quickly made Trinity her home with Jack.
Oh a Baby!!!
Helen meets her great grandchild for the 1st time. So precious!!!!

We have been chilling and taking advantage of beautiful days in our central Courtyard.

Santa made several home visits to brighten up Elders day
Rhythm of Daily Life...

Just prior to Christmas we had an amazing experience with Matt and Sean volunteering and providing a lovely afternoon playing violin for us. We sat outside in the BBQ courtyard on a just right day, listening to the classics.
Thank You to Deepdene Pharmacy, who donated two magnificent Christmas Basket full of amazing goodies for our Christmas Raffle.

Betty & Helena
Congratulations!
WANTED: JOKES & PET STORIES TO ADD TO MY PAGE

Email: to my human assistant—Jessie from Lifestyle
jessiebainbridge@trinitymanor.com.au

DOG JOKES
approved for Publication ~ by Carl our In house ‘Canine Critic’

A 16 year old came home with a Porsche, and his parents screamed: “Where did you get that car?”

He calmly replied: “I bought it for $15” Who would sell a Porsche for $15?” his dad yelled.

“It was the lady up the street,” the boy said/ “She saw me ride past on my bike and asked me if I wanted to buy a
Porsche for $15” “She must be a nut” his mother moaned. “John, go see what’s going on.”

So the dad went and demanded an explanation. “Well,” she said, “this morning my husband rang. I thought he was on a business trip, but I learned from a friend he has run off to Hawaii with his secretary. She stole all his money and stranded him there. Well, he called me and asked me to sell his Porsche and send him the money, So that is what I did!!”

Joke sent in by George Vorlicek
Birthdays in the Month of January, 2018

Ivan N.  12th Jan  Blanka V.  14th Jan
Marjorie H.  15th Jan

Betty was surprised and happy to get her Birthday Cake & Card.
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.
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 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.