Lifestyle Team Message

Monthly Calendar

Steph Renauf Entertains
Trinity Manor Golf Competition

Bus Outing—St Kilda Foreshore
Day At The Beach Activity
Farewell to Our Rose
Australia Day Celebration—Wildlife Animals
Fun & Fitness
High Tea with Cinzia—Theme: ‘Summer Is’

Rhythm of Daily Life
Carl’s Comic Corner
Birthdays
Housekeeping Info
Shakespeare Love Sonnet

Summer Sunset Over St Kilda Beach Foreshore
Photo Taken During Our Visit to Watch the Sun Set
MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

It is amazing how we get back into the Rhythm of our activities in January, as you will see in our Newsletter. Your Lifestyle team attended training session with Marcel Baaijens, who has recently returned from Europe.

Marcel is a professional Dance Teacher & Choreographer. He has introduced SitDance around the world to various Homes and Groups.

Apart from this exercise program he has also pioneered art programs for people with special needs around the world.

We were very pleased to meet Marcel, and look forward in introducing SitDance to Elders.

We had a perfect morning meeting some of our Australian Native Wildlife, brought to us by Vince who runs Aussie Wildlife Display, an educational program. It was lovely to get up close and personal with some of our animals. A great way to celebrate Australia Day.

In February, we will be trialing Chair Yoga for 3 weeks. Something new to try.

Classical Music Appreciation with our Volunteer Peta commences for the year, along with our other programs that Volunteers host such as our 3 wonderful ladies from U3A Deepdene, Knit n Natter; Elena bringing with her Pastoral care providing spiritual support.

Our first luncheon for 2018 will commence with a Valentine’s Day Lunch, with Claire Dubery providing entertainment. For family or friends wishing to join us please get your booking forms in quickly for what will be an enjoyable afternoon.

Another exciting piece of news, we have launched our new website—
http://www.trinitycare.com.au Did you know you can access our newsletters through the website. To access—Once in our website, select Residential Care; then select Trinity Manor Balwyn; next step is to Select the Newsletter tab. There you can find all new and also past newsletters.

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 February newsletter.

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team
Recreational Activities for February 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
- Suitable Bus Outings

THURSDAY 1ST — CARPET BOWLS—10.30—11.30am—Lower Ground Floor
THURSDAY 1ST — LEWIS CAROLL BIRTHDAY —1.30—3.30pm—Reflection Room
FRIDAY 2ND — TAI CHI—10.30—11.30am—Reflection Room
FRIDAY 2ND— LIFESTYLE STAFF—COMPLETE 2018 ACTIVITY PLANS—3.30—5.00pm
FRIDAY 2ND— KNIT N NATTER WITH JOAN, JUNE & BETTY —2.00—3.00pm
SUNDAY 4TH— CATHOLIC MASS—All Denominations Welcome to pray—3.00pm—Reflection Room

MONDAY 5TH — CHAIR YOGA WITH AGNES (Trial)—10.30am—11.30am—Reflection Room
MONDAY 5TH — BOOK READING WITH CHRIS—Volunteer—1.30—3.00pm—Reflection Room
MONDAY 5TH — MUSIC THERAPY WITH OMEGA POTTS—1.30—2.15pm—1st Floor Dining Room
TUESDAY 6TH— BEAUTY THERAPY SERVICES WITH FRAN
TUESDAY 6TH— GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
TUESDAY 6TH— SENSORY EXPERIENCE—11.00am—11.30am—Reflection Room
TUESDAY 6TH— PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
TUESDAY 6TH — NOSTALGIC ADVERTISING WITH JOSH —1.30—3.00pm—Reflection Room
WEDNESDAY 7TH — GYM GROUP WITH PHYSIO—10.30—11.00pm—Gymnasium
WEDNESDAY 7TH— HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
WEDNESDAY 7TH— BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
WEDNESDAY 7TH— SITDANCE FUN & FITNESS CLASS (New Activity) - 1.30—2.30pm—Reflection Room
WEDNESDAY 7TH— SPIRITUAL & COMMUNION WITH ELENA—3.30—4.00pm—Reflection Room
THURSDAY 8TH— CARPET BOWLS—10.30—11.30am—Lower Ground Floor
THURSDAY 8TH— CLASSICAL MUSIC APPRECIATION WITH PETA—1.30—3.00pm—Reflection Room
FRIDAY 9TH— TAI CHI—10.30—11.30am—Reflection Room
FRIDAY 9TH— LEATHER WORKSHOP WITH PETER—1.30—3.00pm—Reflection Room
SUNDAY 11TH— CATHOLIC MASS—All Denominations Welcome to pray—3.00pm—Reflection Room

MONDAY 12TH— CHAIR YOGA WITH AGNES (Trial)—10.30am—11.30am—Reflection Room
MONDAY 12TH— BOOK READING WITH CHRIS—Volunteer—1.30—3.00pm—Reflection Room
TUESDAY 13TH — GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
TUESDAY 13TH— ELDERS / RELATIVES MEETING—10.30—11.30am—Reception Room
TUESDAY 13TH— STAFF MEETING—12.30—2.30pm—Meeting Room
TUESDAY 13TH— QUIZ & MENTAL AEROBICS—3.00—4.00pm—Reflection Room
WEDNESDAY 14TH — GYM GROUP WITH PHYSIO—10.30—11.00pm—Gymnasium
WEDNESDAY 14TH— HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
WEDNESDAY 14TH— BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
WEDNESDAY 14TH— FLORAL ARRANGING—1.30—2.30pm—Reflection Room & 1st Floor
WEDNESDAY 14TH— LIFESTYLE SETTING UP FOR VALENTINES DAY LUNCHEON—3.00PM—5.00PM
### Recreational Activities for February 2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday 15th</td>
<td>Carpet Bowls</td>
<td>10.30 - 11.30am</td>
<td>Reflection Room</td>
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<tr>
<td>Thursday 15th</td>
<td>Valentine's Day Luncheon with Claire Dubery to Entertain</td>
<td>12.00 - 2.00pm</td>
<td>Lower Ground Floor</td>
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<td>Friday 16th</td>
<td>Tai Chi</td>
<td>10.30 - 11.30am</td>
<td>Reflection Room</td>
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<td>Friday 16th</td>
<td>Knit N Natter with Joan, June &amp; Betty</td>
<td>2.00 - 3.00pm</td>
<td>Monomeath</td>
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<td>Friday 16th</td>
<td>General Bible Discussions with Gavin (Volunteer)</td>
<td>3.30pm</td>
<td>Monomeath</td>
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<td>Sunday 18th</td>
<td>Catholic Mass</td>
<td>3.00pm</td>
<td>Reflection Room</td>
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<td>Monday 19th</td>
<td>Chair Yoga with Agnes (Trial)</td>
<td>10.30am - 11.30am</td>
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<tr>
<td>Monday 19th</td>
<td>Book Reading with Chris (Volunteer)</td>
<td>1.30 - 3.00pm</td>
<td>Reflection Room</td>
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<td>Monday 19th</td>
<td>Music Therapy with Omega Potts</td>
<td>1.30 - 2.15pm</td>
<td>1st Floor Dining Room</td>
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<td>Tuesday 20th</td>
<td>Beauty Therapy Services with Fran</td>
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<td>Tuesday 20th</td>
<td>Gym Group with Physio</td>
<td>10.30 - 11.30pm</td>
<td>Gymnasium</td>
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<td>Tuesday 20th</td>
<td>Physical Activities</td>
<td>11.00 - 11.30am</td>
<td>Monomeath</td>
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<td>Sensory Experience</td>
<td>11.00 - 11.30am</td>
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<td>Bingo</td>
<td>1.30 - 3.00pm</td>
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<td>Wednesday 21st</td>
<td>Hairdressers Here Today</td>
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<td>Beauty Salon</td>
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<td>Wednesday 21st</td>
<td>Brain Challenge Activities</td>
<td>10.30 - 11.30am</td>
<td>Lower Ground Floor</td>
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<td>Wednesday 21st</td>
<td>Sitdance Fun &amp; Fitness Class</td>
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<td>Reflection Room</td>
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<td>Thursday 22nd</td>
<td>1st Round of Staff Mandatory Training</td>
<td>9.00am - 4.00pm</td>
<td>Meeting Room</td>
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<td>Thursday 22nd</td>
<td>Activities with Care Staff</td>
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<td>Friday 23rd</td>
<td>Tai Chi</td>
<td>10.30 - 11.30am</td>
<td>Reflection Room</td>
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<tr>
<td>Friday 23rd</td>
<td>Movie of the Week</td>
<td>1.30 - 3.00pm</td>
<td>Reflection Room</td>
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<td>Friday 23rd</td>
<td>General Bible Discussions with Gavin (Volunteer)</td>
<td>3.30pm</td>
<td>Monomeath</td>
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<td>Sunday 26th</td>
<td>Catholic Mass</td>
<td>3.00pm</td>
<td>Reflection Room</td>
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<td>Monday 27th</td>
<td>Bingo</td>
<td>10.30am - 11.30am</td>
<td>Reflection Room</td>
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<td>Monday 27th</td>
<td>High Tea with Cinzia &amp; Volunteers assisting</td>
<td>2.00pm - 3.00pm</td>
<td>Lower Ground Floor</td>
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<td>Tuesday 28th</td>
<td>Gym Group with Physio</td>
<td>10.30 - 11.30pm</td>
<td>Gymnasium</td>
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<tr>
<td>Tuesday 28th</td>
<td>Physical Activities</td>
<td>11.00 - 11.30am</td>
<td>Monomeath</td>
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<tr>
<td>Tuesday 28th</td>
<td>Tuesday 20th — Sensory Experience</td>
<td>11.00 - 11.30am</td>
<td>Reflection Room</td>
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<tr>
<td>Tuesday 28th</td>
<td>Wednesday 29th — Gym Group with Physio</td>
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<td>Wednesday 29th</td>
<td>Sitdance Fun &amp; Fitness Class</td>
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<td>Reflection Room</td>
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<tr>
<td>Thursday 30th</td>
<td>2nd Round of Staff Mandatory Training</td>
<td>9.00am - 4.00pm</td>
<td>Meeting Room</td>
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Great to start off our January after an incredibly busy month in December with one of our favorite singers and keyboard players Stephanie.

She has definitely endeared herself to us and lovely to sing, tap our fingers and our feet, plus spend some time with her after the performance.
Fabulous afternoon of fun and laughter when we held our own Golf Day. Although we did not have sand bunkers, there were plenty of obstacles to maneuver during our tournament. Of course we were dressed up for the day.
Final Round
Runner Up
Meri by 199 Points

Final Round
Marj wins by 234 Points

Over Par
With a warm balmy evening predicted for the Melbourne Weather, several Elders, supported by Staff & Kath, our Volunteer made the decision to travel to St Kilda Foreshore to watch the Sun Set over the water. We boarded our bus at 7pm and did not return until 10.45pm—a tiring and great evening.

We gathered at the Beachcomber Café and had a wonderful surprise as Merle's grandsons & daughter came to join us. Josh, our Lifestyle Assistant's parents who are visiting from Adelaide also joined us including his wife Bec.

It was a glorious moment as after consuming Ice-creams, Iced Coffee's, Hot Chocolate, Coffee, Chips, Pizza & Salads we sat by the edge of the sand watching the rainbow of reds and oranges that the sun produced whilst children played happily in the sand and sea. It was a picture perfect moment.
Thank goodness we were inside from the sweltering heat, taking advantage of the coolness of our air conditioning, we reminisced about adventures on the Beach and the games we use to play. Hence we brought the games to Trinity! Josh took the lead in getting everyone in the mood having a fun afternoon with lifebuoy targets, beach ball volley ball & a spot of fishing.
After 23 years “our” Rose has decided to retire. Rose has been with the Trinity group when it was Westbury all those years back.

In some ways this is a sad time for us because we are losing not only a colleague but a friend to all of us.

Elders will miss her Karaoke mornings; Sit with her whilst she Lunched with them discussing her beloved family especially her grandchildren.

We'll miss you dear Rose. But, the time is right for you. We all sincerely hope that retirement is wonderful and we wish you lots of joyous time with your family.
And Under The Table

Rose Was Very Surprised We All Kept It Quiet From Her

Rose Was Overcome With Tears, So Were We!

We All Chipped In For A Beautiful Keepsake Present
Kath, whose sister resided at Trinity and who also Volunteers with us wrote a wonderful and funny speech.

Dear Rose—May the road rise to meet you, may the wind be always on your back. May the soft winds freshen your spirit and may god hold you in the palm of His hand with gratitude & Love.

On Rose’s last day her husband thanked us all.

We celebrated with Elders as she said her final goodbye.

Farewell Rose
Our Australia Day Celebrations took a different turn this year. Vince from Aussie Wildlife Displays, visited us at Trinity Manor. Aussie Wildlife Displays specializes in educational wildlife demonstrations. We learnt much about our Australian wildlife, their environment, the need to protect our wildlife plus we got the opportunity to either hold or pat these amazing creatures, so synonymous to Australia.

We fell in love with this gorgeous girl. A hairy nosed wombat. We learnt that she is small in size and weight, ONLY weighing 18kg.

At 2 years of age she has more growing to do and will weigh approx. 22kg when grown.

Majority of wombats weigh between 25 to 35 kg as adults.
Bruce the Python turned out to be quite a gentle “little” man. We were all surprised on how smooth he felt, not a bit slimy as we had thought, a very chilled and laid back reptile.

Here is Janine, the snake charmer helping out. Not many people refused the chance to say hello and give Bruce a pat.
There was also this little tree snake with plenty of personality! Even Anjali had a hold of this girl.

Who remembers Blue Tongue Lizards in the back-yard? We learnt that their stumpy tail is the same shape as their head so to confuse predators.
A freshwater crocodile. How does the song go? “Never smile at a crocodile...” I don’t think Beverley or Betty remembered the song before cuddling this little one.

Then we met Kooka the Kookaburra or Kingfisher to be exact. He was a well behaved little boy, very soft to the touch.
This little soft and gentle girl is a Sugar Glider.

We learnt that they can glide between trees for up to 80 metres!

However with her favorite treat of corn she was far too busy eating. So cute, cuddly & incredibly soft to the touch.
Our Weekly Fun & Fitness group, led by the devil-ish Josh, is going strong. As the title suggests we get people moving in a very fun way. From exercises, kicking & throwing balls, to our version of Tee Ball, there is something for everyone.
We sure do get a workout and the afternoon tea that follows is very welcomed!
Lecture: ‘All Things Summer’

The taste of Summer? I served up Mango Gelato! A tangy treat to start the afternoon off. The sound of Summer? was a background Soundtrack of Cicadas . . . . Then later I played the sound of the Sea and people splashing in the Waves. Show ‘N Tell - was featuring items from my own Collection of Treasures, with Sea Shells and my prized Starfish found when exploring in Rock pools.

The Elders joined in with their favourite stories of Summer Holidays, favourite Summer foods and fun activities.

Ciao Cinzia
SUMMER IS . . . the sound of Cicadas, the Surf, children laughing and running through the Sprinkler

AND the sound of the Mister Whippy Van bringing icecream to the Suburbs!

SUMMER IS . . . the extra-ordinary color of a Sunset

SUMMER IS . . . the taste of stone fruit: peaches, apricots and cherries OH! And not forgetting Mum’s Trifle

SUMMER IS . . . is also scary Shark time!

‘Do I look the part of Tea Lady in my ‘Signature English Rose Apron”?!'
Franca always cherishes these Afternoon Events, it is a special time to spend with Aldo (even if you don’t get an Italian Espresso at an English High Tea)!

Maria and Marianna had a surprise guest join them (the word’s got out — that we do an elegant High Tea)!

‘SHOW ‘N TELL’ featuring a selection from my Antique collection of Yellow Ceramics and assorted shells, A Sea Sponge and even my prized Star fish found when walking on the Back Beach at Phillip Island
Wouldn’t you like to know what story George is telling Liz – to make her giggle so?!
Welcome back Peter—we recommenced our Leather Workshop Group in January.

Wondering what projects people have in store for themselves?

Hyia brought in her adorable puppy for us to meet. Oh he was so so sweet!
Durga & Yamkala, were happy to have their photo taken with Bruce the snake, however at a safe distance!

Group of us sitting outside, chatting away with Janine who take us on a reminiscing journey

Raxita sitting with the ladies outside just spending time together.
Josh brought in his Crocodile Dundee wig, we just had to try it on. This brought a lot of laughter.

We waved the Australian Flag for Australia Day during one of our Activities.
Love The Glasses Ladies!
Rhythm of Daily Life...
A Doctor & Lawyer are talking at a Party. Their conversation is constantly interrupted by people describing ailments and asking the doctor for free medical advice.

After an hour of this, the exasperated doctor asks the lawyer, “What do you do to stop people from asking you for legal advice when you’re out of the Office?”

“I give it to them,” replies the Lawyer, “and then I send them a bill” The Doctor is shocked, but agrees to give it a try.

The next day, still feeling slightly guilty, the Doctor prepares the bills.

When he goes to place them in his outgoing office mailbox, in the incoming mailbox, he finds a bill from the Lawyer!!

After being married for 30 years, a wife asked her husband to describe her. He looked at her for a while then said: “You’RE A, B, C, D, E, F, G, H, I J, K.”

She asks: “What does that mean?”

He replied: “Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous and Humble”

The wife smiled happily and said: “Oh, that is so lovely, but what about the I, J and K?”

“I’m Just Kidding” he said.

A dog walked in to the telegram office one day. He took out a blank form and wrote on it:


Then he handed it to the clerk. The clerk examined the paper and said to the dog, "You know there are only nine words here? You could send another ‘Woof’ for the same price."

The dog replied, "But that would make no sense at alll!"
Marj and her family celebrated her 90th Birthday recently. Lovely to see all her family get together for this occasion. Marj’s good friend, June joined the group.
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

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 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.
Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date:
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm'd;
And every fair from fair sometime declines,
By chance or nature's changing course untrimm'd;
But thy eternal summer shall not fade
Nor lose possession of that fair thou owest;
Nor shall Death brag thou wander'st in his shade,
When in eternal lines to time thou growest:
So long as men can breathe or eyes can see,
So long lives this and this gives life to thee.

- William Shakespeare