Moomba Festival is back in full swing this Labour Day long weekend with a chock-a-block program of free events and activities celebrating our wonderful city.

Moomba Festival takes place at Alexandra Gardens and Birrarung Marr.
MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

We are looking forward to what March has to offer and especially the many spontaneous happenings that occur around Trinity Manor.

As you will tell from our pictures Valentine’s Day and its celebrations featured largely with Elders, who enjoyed a week long celebration. Great to see family and friends join us.

The Lifestyle Team enjoy family and friends being part of our Activities, please always feel free to join us, you bring that extra dimension into the program.

We trialed 3 weeks of chair Yoga and we are currently undertaking an evaluation of the program. The evaluation is largely dependant on our elders, did they enjoy the program? Was it too long? Etc etc. This will take a little time to get around to speak to all who participated. As with all our Activities we have our criteria that we set out, all based on our Eden Principles and Elders wishes.

A new monthly activity which will be hosted by our Volunteer Kath will begin in March, it is Coffee & Conversations with Kath. There is nothing like simply just sitting and chatting, we are all looking forward to this program. We will start off small and go from there. The idea is to have small intimate groups.

We are saying a sad goodbye to Father Jacob who will be looking to travelling overseas and hopefully joining a congregation in Myanmar. Father Jacob has been providing Church services with us for a few years with Elders forming a relationship with him. Father Jacob has always found the time to sit and listen with people. Father Jacob will be introducing the new priest who will be taking over Sunday afternoon Mass on March 4th at 3.00pm. Please feel free to come along and wish him well.

On Sunday 4th March at 10.30am we will have our first visit for the year by our friends from the New Life Christian Group. We are always excited to see them.

I wish to thank our volunteers who joined staff for a day of training. From the feedback received they found the training sessions informative and learnt aspects that they did not realize occurs behind the scenes. We will continue to invite our Volunteers for various training sessions over the year.

Dave our Bus Driving Volunteer is having a few health issues, we keep in contact with him to ensure he knows he is missed and we look forward to his return. In the meantime Josh will be organising scenic drives and has contacted a few people who are willing to volunteer their time and accompany him. If anyone is interested in volunteering with Josh please let him know.

**VOLUNTEER BUS DRIVER REQUIRED:**

We are seeking a 2nd Volunteer Bus driver to assist in planned outings & excursions. These form an important part of keeping Elders connected with the external community. You do not need a special bus licence, all outings you will be accompanied by a Lifestyle Team Member. For a non committal meeting please do not hesitate to speak with Jessie.

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

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team
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

THURSDAY 1ST— CARPET BOWLS with JANINE —10.30—11.30am—Lower Ground Floor
THURSDAY 1ST — MOVIE OF THE WEEK —1.30—3.00pm—Reflection Room
FRIDAY 2ND — TAI CHI—10.30—11.30am—Reflection Room
FRIDAY 2ND— KNIT N NATTER with JOAN, JUNE & BETTY—2.00—3.00pm—Reflection Room
SUNDAY 4TH—NEW LIFE CHRISTIAN GROUP—10.30—11.45am—Reflection Room
SUNDAY 4TH—CATHOLIC MASS—All Denominations Welcome to pray—3.00pm—Reflection Room

MONDAY 5TH—BINGO—10.30am—11.30am—Reflection Room
MONDAY 5TH—BOOK READING CLUB with CHRIS—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 — DOCUMENTARY SHOWING—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— PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
WEDNESDAY 7TH— MORNING DISCUSSIONS—11.00-11.30am—Monomeath
WEDNESDAY 7TH—SIT DANCE GROUP —1.30—2.30pm—Reflection Room
WEDNESDAY 7TH—COMMUNION & RELIGIOUS PROGRAM with ELENA—3.30—4.00pm—Reflection Room
THURSDAY 8TH— CARPET BOWLS—10.30—11.30am—Lower Ground Floor
THURSDAY 8TH—MOVIE OF THE WEEK—1.30—3.00pm—Reflection Room
THURSDAY 8TH—BY INVITATION—COFFEE & CONVERSATION with KATH—New Activity—1.30—3.00pm—Royal Lounge 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— PUBLIC HOLIDAY—LABOUR DAY—FAMILY VISITS & MINI ACTIVITIES WITH CARE STAFF THROUGHOUT THE DAY.
TUESDAY 13TH - GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
TUESDAY 13th—SENSORY EXPERIENCE—11.00am—11.30am—Reflection Room
TUESDAY 13TH— PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
TUESDAY 13TH — DOCUMENTARY SHOWING—1.30—3.00pm—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— PHYSICAL & BRAIN CHALLENGE ACTIVITIES—10.30—11.30am—Lower Ground Floor
WEDNESDAY 14th—STAFF MEETING—12.30—2.30pm
WEDNESDAY 14TH — QUIZ & MENTAL AEROBICS—3.00—4.00pm—Reflection Room
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>THURSDAY 15TH</td>
<td>CARPET BOWLS with JANINE</td>
<td>10.30—11.30am</td>
<td>Lower Ground Floor</td>
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<td>THURSDAY 15TH</td>
<td>SIT DANCE GROUP</td>
<td>1.30—2.30pm</td>
<td>Reflection Room</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>CLAIRE PATTI—IRISH ENTERTAINER</td>
<td>1.30—2.30pm</td>
<td>Lower Ground Floor</td>
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<tr>
<td>FRIDAY 16TH</td>
<td>GENERAL BIBLE DISCUSSIONS with Volunteer</td>
<td>3.00pm</td>
<td>Monomeath</td>
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<td>SUNDAY 18TH</td>
<td>CATHOLIC MASS—All Denominations Welcome to pray</td>
<td>3.00pm</td>
<td>Reflection Room</td>
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<td>MONDAY 19TH</td>
<td>BINGO</td>
<td>10.30am—11.30am</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>MONDAY 19TH</td>
<td>ADVANCED ART GROUP with JOSH &amp; Chris</td>
<td>1.30—3.00pm</td>
<td>Reflection Room</td>
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<td>FRIDAY 16TH</td>
<td>TAI CHI</td>
<td>10.30—11.30am</td>
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<td>FRIDAY 16TH</td>
<td>DOCUMENTARY SHOWING</td>
<td>1.30—3.00pm</td>
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<td>WEDNESDAY 21ST</td>
<td>GYM GROUP WITH PHYSIO</td>
<td>10.30—11.00pm</td>
<td>Gymnasium</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>PHYSICAL &amp; BRAIN CHALLENGE ACTIVITIES</td>
<td>10.30—11.30am</td>
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<td>1.30—2.30pm</td>
<td>Reflection Room</td>
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<td>THURSDAY 22ND</td>
<td>COMMUNION &amp; RELIGIOUS PROGRAM with ELENA</td>
<td>3.30—4.00pm</td>
<td>Reflection Room</td>
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<td>THURSDAY 22ND</td>
<td>CARPET BOWLS with JANINE</td>
<td>1.30—2.30pm</td>
<td>Lower Ground Floor</td>
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<tr>
<td>FRIDAY 23RD</td>
<td>DOCUMENTARY SHOWING</td>
<td>1.30—3.00pm</td>
<td>Reflection Room</td>
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<td>MONDAY 26TH</td>
<td>BINGO</td>
<td>10.30am—11.30am</td>
<td>Reflection Room</td>
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<td>MONDAY 26TH</td>
<td>HIGH TEA—EASTER THEME with CINZIA &amp; CHRIS</td>
<td>2.00—3.00pm</td>
<td>Lower Ground Floor</td>
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<td>TUESDAY 27TH</td>
<td>GYM GROUP WITH PHYSIO</td>
<td>10.30—11.30pm</td>
<td>Gymnasium</td>
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<td>TUESDAY 27TH</td>
<td>SENSORY EXPERIENCE</td>
<td>11.00am—11.30am</td>
<td>Reflection Room</td>
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<td>PHYSICAL ACTIVITIES</td>
<td>11.00—11.30am</td>
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<td>TUESDAY 27TH</td>
<td>MOVIE OF THE WEEK</td>
<td>1.30—3.00pm</td>
<td>Reflection Room</td>
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<td>WEDNESDAY 28TH</td>
<td>GYM GROUP WITH PHYSIO</td>
<td>10.30—11.00pm</td>
<td>Gymnasium</td>
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<td>WEDNESDAY 28TH</td>
<td>HAIRDRESSERS HERE TODAY</td>
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<td>Beauty Salon</td>
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<td>CARPET BOWLS with JANINE</td>
<td>1.30—2.30pm</td>
<td>Lower Ground Floor</td>
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<tr>
<td>THURSDAY 29th</td>
<td>CLASSICAL MUSIC APPRECIATION with Peta</td>
<td>1.30—3.00pm</td>
<td>Reflection Room</td>
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<tr>
<td>FRIDAY 30TH &amp; SATURDAY 31ST</td>
<td>PUBLIC HOLIDAYS—EASTER WEEKEND—Family Visits &amp; Mini Activities</td>
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<td>with Care Staff</td>
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So much Love & Laughter was in the air for our Valentine’s Day Luncheon held in February.

Our day was enjoyed by all; lovely to see family and friends join Elders for the afternoon with Claire Dubery entertaining. Her voice has been acclaimed as ‘Pure’ ‘Heavenly’ but ‘Powerful’ and she certainly didn’t disappoint!
Mora & Sue

Merle & Sujata

Franca & Aldo

Aldo Also Enjoying Singing a Tune!

June Belting out a Song with Claire
HIGH TEA
~‘A Fine Romance’~
Celebrating Valentine’s Day

An English Victorian Era Valentine Card – part of Museum of London Collection

Françoise Bornet, in 2005, with a print of the Doisneau photograph in which she appears

‘ICONIC PHOTO’
A Famous image of a kiss - is Robert Doisneau’s “The Kiss by the Hôtel de Ville,” taken on a Parisian Street in 1950. This image is considered one of the most romantic photos ever taken
THE ORIGIN OF VALENTINE'S DAY ~ AS UNCOVERED IN THE LECTURE:

Although the name is ‘Saint Valentine’s Day’, most people refer to the day as ‘Valentine’s Day’, or even ‘the Feast of Saint Valentine’. It was originally a day to celebrate Saint Valentinus, who performed weddings for soldiers who were not allowed to marry. He was imprisoned for this, as well as for ministering to Christians. Saint Valentinus wrote a letter to the daughter of his Jailer before he was executed. His letter was signed ‘From your Valentine’. He was buried on February 14th.

Valentine's Day was not associated with romantic love until the Middle Ages. By the 1700s in England it began to resemble the Valentine's Day we know today. At this time; Lovers began to express their love with gifts of flowers, chocolate and cards, which were called ‘Valentines’.

◆ The first Valentine’s Day chocolate box was invented by Richard Cadbury in the late 19th century

◆ Every Valentine’s Day, the Italian city of Verona receives approximately 1,000 letters that have been addressed to Juliet. (This is where Romeo and Juliet, the young lovers in Shakespeare’s play, lived)

◆ Valentine’s Day is the second most popular day of the year for sending cards, second only to Christmas
PAUL NEWMAN & JOANNE WOODWARD (one of the longest running Marriages in Hollywood)

‘FAMOUS HOLLYWOOD LOVE AFFAIR’
SPENCER TRACEY & KATHERINE HEPBURN

‘A FIERY LOVE MATCH’
AVA GARDNER & FRANK SINATRA

‘HOLLYWOOD GLAMOUR’
CAROLE LOMBARD & CLARK GABLE

RICHARD BURTON & ELIZABETH TAYLOR
playing Mark Antony and Cleopatra

‘FAMOUS COUPLES’ OF THE GOLDEN AGE OF HOLLYWOOD
AS FEATURED IN THE LECTURE

‘THE MOST FAMOUS HOLLYWOOD COUPLE OF ALL TIME’
HUMPHREY BOGART & LAUREN BACALL
‘A Fine Romance’ was a fitting theme to celebrate Valentines Day. We uncovered the history, the Customs and the traditions around the World. Some of the most interesting rituals that captured the Elders by surprise were:

Chivalrous gentlemen in England often sent a pair of gloves to their True Loves. If the woman wore the gloves to Church on Sunday it signaled her acceptance of the proposal.

Dating back to 17th century Wales, ornately carved spoons, known as Lovespoons were traditionally made from a single piece of wood by a Suitor to show his affection to his loved one. The decorative carvings have various meanings - from an anchor meaning "I desire to settle down" to an intricate vine meaning "Love grows."

Back ‘In the Days of Yore’ in Austria, women used to turn up to a Ballroom Dance with slices of apple under their armpits. When all of the lively music had finished and the dancing complete, the women would remove the sweaty apple slices from their armpits and hand them to the men they fancied. If he fancied her back, the man would take a bite out of her sweat-stained apple and, presumably, pretend not to grimace.  (LOUD: SHRIEKS OF LAUGHTER FROM THE ELDERS—WHEN I TOLD THEM THIS ONE!)

An All-round, Altogether, Amusing Afternoon was had by All! . . .
You probably know there are 12 Chinese zodiac animals used to represent years.

2018 is the year of the Dog. Zodiac signs play an integral part in Chinese culture, and can be used to determine your fortune for the year, marriage compatibility, career fit, best times to have a baby, and so much more!

We welcomed the Chinese Association from Box Hill, who displayed traditional music, songs and dance from the Chinese Culture for Elders to enjoy. What a vibrant and amazing day had by all!
Is this a gathering of minds? Apparently so! A cheerful afternoon spent together over coffee & cake.

A daily ritual for Helen is to care for our herbs planted in our Sensory Garden.

Thank you Helen for helping us!
Rhythm of Daily Life...

Josh, Cinzia & Jessie attended a Sit-Dance training workshop held by Marcel Baaijens, the creator of SitDance.

We have commenced introducing Sit-Dance sessions to our Elders, with great success.

Our new Smart TV was mounted in the 1st Floor dining room recently after receiving requests from Elders during an Elders/Relatives meeting.

It is complete with access to the Internet and has been a hit with Elders. We are able to show Sensory Images, Travel to various Culturally related countries, showcase Classical Performances and Documentaries for Elders who have a preference to be in that room.
Elders trialing modified Yoga. The jury is still out on whether we will continue, we are currently talking this through with Elders.

Sangay assists in serving lunch to Elders

All ready to tuck in.

Mmm who do we spy coming around the corner—Matt our Chef, just checking with all that everything is fine.
Rhythm of Daily Life...

A typical morning at our Beauty Salon.

Cups of Tea/Coffee, going through books delivered by the Library, awaits us while we wait for our hairdressing appointment.

Lucy, our hairdresser discusses with Judith how she would like her hair done today.

Just a little off the bottom, thanks Lucy.
Rhythm of Daily Life...

Lucy & Joan discuss what the world has been up to over Morning Tea.

Kathleen (below) under the hairdryer.

Renee with Lucy, who is very happy with the end result of her time in the beauty salon.
I Just Realized Something:

My dog sleeps about 20 hours a day. He has his food prepared for him. His meals are provided at no cost to him.

He visits the doctor once a year for his check-up and again during the year, if any medical needs arise. For this he pays nothing, and nothing is required of him.

He lives in a nice neighbourhood in a house that is much larger than he needs, but he is not required to do any upkeep. If he makes a mess, someone else cleans it up. He has his choice of luxurious places to sleep. He receives these accommodations absolutely free.

He is living like a king and has absolutely no expenses whatsoever. All of his costs are picked up by others who earn a living.

I was just thinking about all this, and suddenly it hit me......

My Dog is a Politician

Joke sent in by Peta Murray.
Birthdays in the Month of MARCH 2018

Mora B.  1st   Marjorie L.  10th
Geoff D.  11th  Aldo P.    20th
Helen H.  22nd  Renee S.  22nd
Morrison T.  25th

A very happy Stuart with his cake and card presented to him on his birthday

Merle was surprised with her birthday cake during the movie session. Yes we will find you wherever you are to say

HAPPY BIRTHDAY!
A Happy 100th Birthday to Marjorie who was surrounded with family and friends for her special milestone.
It was milestones all around for February with June celebrating turning 90 years young with family and friends.

June’s sister dropped in for a special afternoon tea together, surrounded by family members.
Safety & Emergencies

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 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 2018

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

17th April
19th June
14th August
16th October
18th 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 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.
Edgar Allan Poe (1809-1849) was an American writer. He’s often referred to as one of the creators of the American short story, and numerous other writers cite Poe as a key influence on their work.

His most famous stories include “The Tell-Tale Heart,” "Murders in the Rue Morgue,” and “The Fall of the House of Usher.” In addition to being among his most-read works of fiction, these stories are widely read and taught in American literature courses as classic examples of the short story form.

A Dream Within a Dream

Take this kiss upon the brow!
And, in parting from you now,
Thus much let me avow:
You are not wrong who deem
That my days have been a dream;
Yet if hope has flown away
In a night, or in a day,
In a vision, or in none,
Is it therefore the less gone?
All that we see or seem
Is but a dream within a dream.

I stand amid the roar
Of a surf-tormented shore,
And I hold within my hand
Grains of the golden sand
How few! yet how they creep
Through my fingers to the deep,
While I weep - while I weep!
O God! can I not grasp
Them with a tighter clasp?
O God! can I not save
One from the pitiless wave?
Is all that we see or seem
But a dream within a dream?