Monthly Calendar

3-5
Bus Outing to Quilt Exhibition & Lunch

6-10
Scenic Bus Drive

11
Jason Wasely Entertains

12-13
ANZAC Day Service

14-17
Classical Music with Peta

18-19
Rhythm of Daily Life

20-24
Carl’s Comic Corner

25
Birthdays

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Housekeeping Info

27-28
Mothers Love Poem

29
Hi Everyone,

We have a jam packed May full of exciting Activities for people, so please take the time to read the list of Recreational Activities on offer for people. You are all welcome at any time to be part of any of our activities. The Lifestyle Team ensure that our activities provide Therapeutic Benefits for Elders.

Not everything we do is listed; we also have a Special Calendar for people requiring extra level of support, again with their Therapeutic needs in mind and you can find this in the 1st Floor Dining Room. Of course there are our special events that we hold, such as last month we hosted the amazing Jason Wasely, who mesmerized us with his Tenor voice; our ANZAC Day service and our monthly offerings of High Tea and Classical Music Appreciation to name a few.

Hence May is no different except we have some extra special events. Our friends from New Life Christian Youth Group visit on Mothers Day; we have our fabulous Mother’s Day Luncheon—please ensure you book yourself in, numbers are limited as we prioritize our Elders first for this function.

Visiting us will be our friends from Yongala Kindergarten, the children we met as 3 year olds, most have turned the big 4 and we look forward in hosting them for the morning of 17th May. We also have an extra special Royal High Tea on the 19th May—keep an eye out for booking forms should you wish to be part of this special afternoon. For any queries please speak to Cinzia.

Another special event is a visit by Shimak Divar Dancers on 26th May—a free event so please support this cultural dance group with your loved one. We also have Barry Breen entertain us, his piano skills are amazing.

**Flu Vaccinations:** The Australian Government has recently issued that Aged Care Facilities should boost flu vaccination rates among workers in aged care facilities. Soon to be introduced will be compulsory flu vaccinations not only for Facility workers and including our Volunteers. This will be a focus from not only the Department of Health & Aging but also from the Australian Aged Care Quality Agency when they undertake their unannounced visits in 2018 and beyond.

Trinity Manor always likes to be proactive and this month we begin our free Flu Vaccination program for all staff and volunteers as compulsory.

We ask that Family & Friends visiting Elders also either consider a Flu Vaccination, if this is not possible then we request that you delay your visit. Just a sniffle is enough to pass over the flu virus amongst Elders whose immune systems can be quite low.

**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. 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 May newsletter.

*Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team*
### Recreational Activities for May 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

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MONDAY 28TH — ADVANCED ART GROUP with JOSH — 1.30—3.00pm—Reflection Room
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TUESDAY 29TH—SCENIC BUS OUTING WITH JOSH x2 Groups -
WEDNESDAY 30TH — GYM GROUP WITH PHYSIO — 10.30—11.00pm—Gymnasium
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WEDNESDAY 30TH — SCENIC BUS OUTING WITH JOSH x2 Groups — 9.30am—11.30am
WEDNESDAY 30TH — READING GROUP — 10.30—11.30am—Lower Ground Floor
WEDNESDAY 30TH — BINGO — 1.30—2.30pm—Reflection Room
WEDNESDAY 30TH — COMMUNION & RELIGIOUS PROGRAM with ELENA — 3.30—4.00pm—Reflection Room
FRIDAY 31ST — TAI CHI — 10.30—11.30am—Reflection Room
FRIDAY 31ST — BONANZA TRIVIAL PURSUIT WITH STUDENTS—2.00—3.00pm—Lower Ground Floor
FRIDAY 31ST—GENERAL BIBLE DISCUSSIONS with GAVIN (Volunteer) - 3.00pm—Monomeath

A HEALTHY LIFESTYLE NOT ONLY CHANGES YOUR BODY, IT CHANGES YOUR MIND, YOUR ATTITUDE AND YOUR MOOD
Art Quilt Australia 2017 showcased a wide range of styles, techniques and materials highlighting the creative innovation of textile artists across Australia and New Zealand. The exhibition included the *2017 Winners of the prestigious National Wool Museum’s Expressions Wool Quilt Prize* and the *Ozquilt Network’s Award of Excellence*

**MY ROSE GARDEN** by Heidi Drahota

The Ladies particularly liked this work. The fabric was first hand-dyed, including felted wool, then pieces were sewed — layer upon layer, then fancy hand stitching on top.

This is only a closeup the quilt measures: 139cm H x 58cm W

Merle particularly liked this Quilt. It reminded her of her Grandchildren playing.

**ODE TO BANKSIAS** by Susan Mathews — measuring 101cm H x 180cm W
Merle and Janine look at all the varied recycled pieces of wool fabric. I even recognized a patch of blanket fabric—that I had had as a child—in the 1970’s—wow—that brought the memories flooding back!

Janine said ‘What do you mean it is a BIG portion? —it is a healthy cake it’s gluten free and has lots of fruit with nuts on top’!

This is the quilt close up—made from ‘Retro Recycled patches including wool Blankets, even Tweed and tartan wool etc.

Materials: Base wool blanket has been in the family since the early 1950’s. It is believed to be a Government issue, possibly an Army blanket. All remnants and samples are wool.

‘WOOL MAN’ BY Yvonne Line
the Quilt measures: 181cm H x 142cm W

We started the Outing—with Coffee and Cake at the Café adjoining the Art Gallery.

The Elders were joined by Janine our Volunteer and Debbie; a friend of Renee’s came along to see the Exhibition. Here we see the Ladies enjoying a Morning Tea Treat. (of course; they needed ‘some Sweet Sustenance’ - before hitting the Gallery)
Merle and Joy join me in MARVELLING at the detail in this huge Quilt

Inspiration for Quilt:

*Man has explored the Moon, the planets in Earth’s Solar system and outer space but until Man could withstand water pressure at depths the deep oceans were out of bounds. This work draws on my imagination to visualize a World down deep with little sunlight but much life.*

Alison Muir

*This was my favourite—it was SO rich in color and the work was SO intricate*

Cinzia

**LAST FRONTIER** by Alison Muir
Made entirely from silk fabric and silk ribbon measuring: 250cm H x 149cm W
BONUS: THE YARRA RANGES MUSEUM—upstairs

An amazing collection of memorabilia, donated by local Residents and beyond. In saying that—there was also a painting by Arthur Streeton (this Painting should probably be hanging in a National Gallery but—as he lived close by in the Heidelberg Area—this painting hangs as the Pride and Joy of the Museum Collection.

Sir Arthur Ernest Streeton (8 April 1867 – 1 September 1943) was an Australian landscape painter and leading member of the Heidelberg School, known as Australian Impressionism.

There was a large area featuring the original Indigenous families stories and dreamtime. An impressive ‘Elder Possum Cloak’ as seen in this pic

Merle is surprised to see this amazing Needlework that was done by Dame Nellie Melba—sadly it was not completed—she worked on it until 1922

This was a very special outing. The Ladies chatted all the way home in the Bus. It was an unexpected treat to discover the caliber of work. Quilting can be under-rated if you don’t do needlework yourself you cannot appreciate the time and expertise it takes.

However, this Exhibition was above and beyond—because each Work was an Art Piece—intended for hanging and being admired, as would a Painting or a Sculpture.

We all agreed that we should continue our search for inspirational events and exhibitions.

. . . . It gives you a warm glow and an extra wide smile when we all reminisce about these special days

Ciao Cinzia

AND THEN THERE WAS MORE!!! THE THEATRE NEXT DOOR—BUILT IN 1888. Dame Nellie Melba is also immortalized in the Theatre next door—there is a Room with costume, memorabilia and the Piano that was played when she sang there.
‘QUILTERS JOKES’

CALL ME A QUILTING GRANDMA.

THAT’S LIKE A REGULAR GRANDMA ONLY WAY COOLER.

BUT DON’T JOKE

ABOUT QUILTING . . . :

Good heavens, no, I would never use my fabric scissors on paper. The very idea!

Quilters don’t Make mistakes... We do VARIATIONS!

GET OFF THE INTERNET AND GO SEW SOMETHING!
Scenic Bus Drives

For some Elders it can be a challenge to get out and about freely because physical limitations can mean an extra need of support. This is where our popular Scenic Bus Outings come in and is part of the Lifestyle Activities we provide.

It was a bright sunny day on the morning of this Scenic Bus Outing. Josh is the driver on these occasions and a great group of helpers are on hand to support our Elders who require assistance.

Often Josh will drive through the suburbs where residents grew up, and they begin recognize the area, some are able to tell us their life story. They love to reminisce – and some of them have incredible stories to tell.”

On this particular day Josh drove Blanka to see her house and a surprise visit to George, her husband. There was a lot of laughter when George saw the bus outside his house.

For our second scheduled Scenic Bus Outing for the month, Josh drove to a nearby Park and we took in the beautiful sights & smells of the Park.
All we can say about Jason’s performance is—WOW WOW WOW !

Jason is an Australian Tenor. Opera has been his life after winning a scholarship in 1991 with Vic Opera, from there it was no turning back. Jason has graced the stages the world over, singing with Opera groups in Italy, London, Victorian State Opera, South Australian Opera & Melbourne Opera.

Most recently, Jason Wasley has sung Alfredo in Opera Australia’s touring production of *La traviata*, the tenor solos in Beethoven’s Symphony No. 9 with Sydney Philharmonia, Florestan in *Fidelio*, Max in Der Freischütz and the title role in *Rienzi* for Melbourne Opera, Verdi’s Requiem with Sydney University Chamber Choir and Rodrigo in *Otello* for State Opera of South Australia

Jason gave us a varied repertoire of Operatic songs, performing Don Giovanni from Carmen, Figaro from The Barber of Seville, he sang the Boatswain from H.M.S. Pinafore to name a few, plus a rendition of Stars from Les Miserable that left us all so utterly spell bound. All we can say is Bravo!
The Centenary of Anzac 2014 to 2018 is Australia’s most important period of national commemoration. Marking 100 years since our involvement in the First World War, the Anzac Centenary is a time to honour the service and sacrifice of our original ANZACs, and the generations of Australian servicemen and women who have defended our values and freedoms, in wars, conflicts and peace operations throughout a Century of Service.

Trinity’s Service was well attended by our Elders plus Family. Several of our Elders who served in the war were recognized for their service which all of us are so very thankful for.

A big thank you to both Janine and Craig who assisted in the Service.

Charles with his sons, who served 34 years in the Army posted around the world.

We learnt that amongst Charles’ many achievements in the Army, at the cessation of WW2 he served with a prisoner of war reception unit in Manila, processing POW’s out of Japan.

Charles was awarded an MBE (Member of the Order of The British Empire) for his service in Japan & Korea which was presented to him by The Queen at Government House in Melbourne in 1954.
Morrie was a serviceman surrounded by his wife and proud family. 

Joan who served as a Code Breaker during the war.

Stuart who serviced in the AIF in New Guinea.
Also on display was Jessie’s family members, Florence Cavell (sister to Nurse Edith Cavell).

Florence also served as a Nurse. Here she is with her husband and her son.

Gwen lent a photo which was displayed of a family member, Uncle Wally Hicks who was a Prisoner of War in Ambon.
As Elders stated they were certainly spoilt for choice regarding Classical Music pieces. Once again our Volunteer Peta did not disappoint in playing the classics live on our piano, but even better was when our own Bernie & Geoff, a Friend of Peta joined forces for several musical pieces.

Hi praise was bestowed on our gents regarding their performances during one of our favorite activities to be part of. Thank you Peta who organises these performances!
Marianna’s son Sebastian joined us for an afternoon of culture.

George inspired to sing along

A group photo with Peta’s brother, Ian (far left), Bernie, Owen (her husband), Peta & Geoff.

Mmm A Few Conductors In This Group
The popularity of the White Cockatoo as a cage bird has increased its range, as these birds either escape or are released deliberately in areas where they do not already occur. The species has become a pest around urban areas, where it uses its powerful bill to destroy timber decking and paneling on houses. . . . AND in Autumn they take over our Tree Lined Streets as seen here outside Trinity Manor.

. . . ‘Polly want a Cracker’ . . . AH, NO! . . . . They are enjoying the feast of Acorns and other seed pods from our Oak Trees and Plane Trees in the streets of Balwyn and neighboring Suburbs. The Elders look out the windows and see the birds in our garden. Amazed and amused at the ‘Cacophony of Squawking’ and the Aerial Acrobatics as the birds swoop down into our Garden. . . . . Pom Pom and Carl are not amused though!

Ciao Cinzia
Rhythm of Daily Life...

CONGRATULATIONS

BLANKA

MORRIE

LIZ

RAFFLE WINNERS
Rhythm of Daily Life...

The wonderful George gives us a performance.

A spot of in house shopping brought to us by Steve from Senior Style.
Rhythm of Daily Life...

Thank you to Kim who got the ladies moving with our home made weights.
‘WEDDING GOWNS & WEDDING REGALIA’ THROUGH THE AGES
THE EXHIBITION ~ MAY 19TH 2018

Our Elders Share their Wedding Day Stories, Photos, & their treasured Family Heirlooms including their ‘Wedding Gowns and other items from that special day’

Queens Victoria – wore the first ‘white wedding dress’ in 1840

Wedding Portrait – ‘1916’

Are you curious? – well get excited! – it will be the block buster event of 2018

- A Call to ask for your assistance-

We would like to borrow wedding themed items for this auspicious event. The Trinity Manor Elders have already been chatting to me – so we would appreciate it if you would look through your wardrobes, up in the attic, or in those storage boxes in the garage and see what you find . . .

and then call me! (Chinsia – event co-ordinator)

♦ This event is to co-incide with the royal wedding of prince harry

♦ This exhibition will be launched at a ‘special high tea’

All family and friends are invited
WANTED: JOKES & PET STORIES TO ADD TO MY PAGE

Email: to my human assistant—Jessie from Lifestyle
jessiebainbridge@trinitymanor.com.au
Birthdays in the Month of MAY 2018

Marianna C.  2nd  
Joan D.  30th  
Kathleen W.  4th

Happy Birthday to Maria who Celebrated with her Trinity Family aside from her own family members.

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

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

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

If you hear fire alarm sounding, please await instructions from a staff member.

Please remember in the event of a fire:

♦ DO NOT USE THE LIFTS
♦ REMAIN CALM
♦ PRESS THE NURSE CALL BUTTON TO ATTRACT THE ATTENTION OF A STAFF MEMBER

If you are evacuated, please:

♦ Remain calm
♦ Leave all belongings behind you
♦ Follow the instructions of the staff member
♦ Go to the designated assembly area and await further instructions
♦ Any visitors or family with an Elder at the time of a Fire or Emergency are also requested to remain in your room and await instructions from staff to ensure an ordered response to emergency procedures.

Please note, for Nursing Only Queries:

Direct Phone number for Care Manager
Ground Floor is 9091 5244

Direct Phone number for Care Manager
First Floor is 9091 5299

Main Reception Number for all other General Enquiries is 9091-5200

BOOKING OF CAFÉ WESTBURY

It is wonderful to see families celebrate special occasions with their Elder. As a reminder to everyone, for 3 or more people, we do require you to use the Café Area and fill a booking form. You can have our wonderful Chef prepare food for you or you can bring in your own delights.

This is for the convenience towards other Elders whilst they go about their day to day activity.

So please, for 3 or more people celebrating, we do ask you to book and use the Café Area; note this does incur a cleaning charge.

For a booking form just ask Joseph Chacko or Lifestyle Staff who will be able to organize one to be either e-mailed or collected.

VISITORS SIGN IN BOOK

LOCATED AT RECEPTION

Visitors are reminded that ALL visitors need to sign the visitor’s book on your way IN and OUT of the facility. Not only will this enable us to account for everyone in the case of an emergency, such as fire, but it is an OH&S requirement. The book is located in the entrance foyer.
We love to see relatives and visitors join Elders for a meal. **However, a reminder for you**—please remember that we require you to order your meal a minimum of 2 hours prior to a Lunch or Dinner Meal and collect a Meal Voucher to present to catering staff. You can book days ahead too!!

All Elders are served their meals first then those that have pre-ordered their meals. In not ordering prior to a meal we cannot guarantee that there will be a meal there for you and hence cause disappointment.

*Please help us to enable you to have an enjoyable meal at Trinity Manor.*

**ELDERS CLOTHING**

*Please remember:* When bringing in new items of clothing, please put in a bag with that Elder’s full name clearly written on the bag and then given into the Nurses station.

We can then label the new items for you.

**Missing Items:**

We have a box that is situated in the Beauty Salon on Weekends to go through and search for missing items.

**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.

**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.

**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**

12th 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

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A Mother’s Love

Whose is the heart that bursts with pride each time she sees your face.
Whose are the eyes that dart about, to check your world is safe.
Whose are the arms that wrap you up and hold you tight and close.
Whose is the love that's always there whenever you need it most.

Whose is the smile that lights the room when you are smiling too
Whose shoulder is the place to be, when only a cuddle will do.
Whose chest is warm and comforting when you're a weary soul.
Whose motivation only has your happiness as her goal.

Whose are the tears that cry for you as you grow old and free.
Whose is the heart that aches so much, in the space where you should be.
Whose is the head that knows that you must find your path alone
Whose is the voice who welcomes you each time you go back home.

Who could have so many facets that make her oh so great
Who has you on her mind each day, and today we celebrate.
Whose hands hold and guide you, in a way unlike another
All these are part and parcel of the joys of being a mother.

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