The Mt Buller Village is situated picturesquely at the heart of the mountain.

Alpine areas, which are those above the natural treeline and are covered by snow for roughly four months of the year, account for 0.15% of Australia’s total land mass. Alpine environments are therefore geographically rare and are treated as special and unique places.
Hi Everyone,

Our Royal High Tea was an absolutely outstanding Event. Thank you to our Volunteers, Gabbi & Chris who assisted throughout the afternoon. A special Thank You also to Peta and Anna, both who provided the music and songs on the day.

I would especially like to say how proud I am of Cinzia. I wish I could show you the vast planning behind the scenes she undertook over the past few months. As highlighted a wonderful & special event such as this takes an enormous amount of organising with liaisons with various people and groups, plus research into the history of Weddings. Well done Cinzia—ALL who attended absolutely loved this special event.

We have been having a wonderful time with this Term’s Genazzano Students in a variety of activities with Elders. Soon to join us will be Jacob who will spend 1 week undertaking his Community Service project, and we look forward in this young man joining the Lifestyle Team.

Our Facebook page is proving quite popular with majority of people asking us to increase the amount of pictures on this social media. Hence we have noted this request and when you view our Face-book page you will see more photos. We continue to “tease” you with several photos in our Newsletter of Elders, Family, Friend and staff having a wonderful time. Of course we continue to print and laminate individual photos for Elders to enjoy viewing in their room.

Please check out our Facebook page for more photos.

Complimentary Cappuccino's for Elders
With the colder months upon us, it is getting rather difficult escorting an Elder out to visit the local café for a nice hot Cappuccino or beverage of their liking. As of 1st June, for Elders only, who visit Café Westbury when opened, will receive complimentary Cappuccino’s or a Flat White or Hot Chocolate !!! Whilst at the Café why not look at ordering a lunch or something light eg hot chips or other delights to eat.

VOLUNTEER BUS DRIVER & VOLUNTEER REQUIRED FOR SCENIC DRIVES WITH JOSH:
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.
Josh is seeking a Volunteer to assist him with fortnightly scenic bus drives for Elders that a short bus drive would be suitable, at times stopping at a local park to take in the scenery.

From a Risk Assessment point of view the Lifestyle Division policy is to have a secondary person / volunteer to accompany a Lifestyle team member for all outings. If you are able to assist or know of someone who would like to know more, 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! We hope you enjoy the June newsletter.

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>FRIDAY 1st</td>
<td>SEATED TAI CHI—10.30—11.30AM—Reflection Room</td>
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<td>FRIDAY 1st</td>
<td>KNIT N NATTER with JOAN, JUNE &amp; BETTY (Volunteers) 2.00—3.00pm—Reflection Room</td>
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<td>FRIDAY 1st</td>
<td>GENERAL BIBLE DISCUSSIONS with GAVIN (Volunteer) - 3.00pm—Monomeath</td>
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<td>FRIDAY 1st</td>
<td>GENAZZANO STUDENTS—END OF TERM FAMILY DAY —2.00-3.00pm—Reflection Room</td>
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<td>SUNDAY 3rd</td>
<td>NEW LIFE CHRISTIAN YOUTH GROUP VISIT— 10.30—11.30AM–Reflection Room</td>
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<td>SUNDAY 3rd</td>
<td>CATHOLIC MASS—3.00PM Reflection Room</td>
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<td>MONDAY 4th</td>
<td>SIT DANCE EXERCISE GROUP—10.30—11.30pm—Reflection Room</td>
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<td>MONDAY 4th</td>
<td>OMEGA POTTS—MUSIC THERAPIST—1.30—2.30pm—1st Floor Dining Room</td>
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<td>MONDAY 4th</td>
<td>ARMCHAIR TRAVEL TO ITALY—DUET WITH CHRIS (VOLUNTEER) AND CHINSIA—1.30—2.30pm</td>
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<td>TUESDAY 5th</td>
<td>GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium</td>
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<td>TUESDAY 5th</td>
<td>SENSORY THERAPY—11.00am—11.30am—Reflection Room</td>
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<td>TUESDAY 5th</td>
<td>PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath</td>
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<td>TUESDAY 5th</td>
<td>DOCUMENTARY OF THE WEEK —1.30—2.30pm—Reflection Room</td>
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<td>WEDNES 6th</td>
<td>GYM GROUP WITH PHYSIO—10.30—11.00pm—Gymnasium</td>
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<tr>
<td>WEDNES 6th</td>
<td>HAIRDRESSING SALON OPEN TODAY—Lower Ground Floor</td>
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<td>WEDNES 6th</td>
<td>HUXLEY DELTA DOG COMES TO VISIT WITH GLENDAL (VOLUNTEER)—ALL AREAS</td>
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<td>WEDNES 6th</td>
<td>READING GROUP —9.30—11.30am—Lower Ground Floor—Lower Ground Floor</td>
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<td>WEDNES 6th</td>
<td>PHYSICAL &amp; COGNITIVE ACTIVITIES—11.00—11.30am—Monomeath</td>
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<td>WEDNES 6th</td>
<td>TAKEAWAY PIZZA DAY 12.00pm—1.00pm -Lower Ground Floor</td>
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<td>WEDNES 6th</td>
<td>CATHOLIC COMMUNION with ELENA (Volunteer)—3.30—4.00pm—Reflection Room</td>
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<td>THURS 7th</td>
<td>CARPET BOWLS WITH JANINE (Volunteer)—10.30—11.30am—Lower Ground Floor</td>
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<td>THURS 7th</td>
<td>MOVIE OF THE WEEK (Italian theme) —1.30—3.30pm—Reflection Room</td>
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<td>FRIDAY 8th</td>
<td>SEATED TAI CHI—10.30—11.30AM—Reflection Room</td>
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<td>FRIDAY 8th</td>
<td>DENISE—THERAPUTIC MASSEUSE VISITS—ALL AREAS</td>
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<td>FRIDAY 8th</td>
<td>LEATHER WORKSHOP WITH PETER—1.30—3.00pm—Reflection Room</td>
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<td>FRIDAY 8th</td>
<td>GENERAL BIBLE DISCUSSIONS with GAVIN (Volunteer) - 3.00pm—Monomeath</td>
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<td>SUNDAY 10th</td>
<td>CATHOLIC MASS—3.00PM- Reflection Room</td>
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<td>MONDAY 11th</td>
<td>QUEENS BIRTHDAY PUBLIC HOLIDAY— 1:1 ACTIVITIES WITH STAFF</td>
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<td>TUESDAY 12th</td>
<td>ELDERS AND FAMILY MEETING—10.30-11.30AM—Reflection Room</td>
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<td>TUESDAY 12th</td>
<td>GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium</td>
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<td>TUESDAY 12th</td>
<td>BEAUTY THERAPY SERVICES WITH FRAN</td>
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<td>TUESDAY 12th</td>
<td>CONCERT: TREBLE TONES 2.00pm— Reflection Room</td>
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<td>WEDNES 13th</td>
<td>HAIRDRESSING SALON TODAY—Beauty Salon—Lower Ground Floor</td>
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<td>WEDNES 13th</td>
<td>GYM GROUP WITH PHYSIO—10.30—11.00pm—Gymnasium</td>
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<td>WEDNES 13th</td>
<td>HUXLEY DELTA DOG COMES TO VISIT WITH GLENDAL (Volunteer)—ALL AREAS</td>
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<td>WEDNES 13th</td>
<td>STAFF MEETING 12.30-2.30PM</td>
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Recreational Activities for June 2018

THURS 14th  CARPET BOWLS with JANINE (Volunteer) —10.30—11.30pm—Lower Ground Floor
THURS 14th  MOVIE OF THE WEEK —2.30—3.30pm—Reflection Room
THURS 14th  CAPPUCCINO & A CHAT WITH KATH (Volunteer) —Royal
FRIDAY 15th  SEATED TAI CHI—10.30—11.30am—Reflection Room
FRIDAY 15th  KNIT ‘N NATTER with JOAN, JUNE & BETTY (Volunteers)—2.00—3.00pm—Reflection Room
FRIDAY 15th  GENERAL BIBLE DISCUSSIONS with GAVIN (Volunteer) - 3.00pm—Monomeath

MONDAY 18th  SIT DANCE EXERCISE GROUP—10.30—11.30pm—Reflection Room
MONDAY 18th  OMEGA POTTS—MUSIC THERAPIST—1.30—2.15PM—1st Floor Dining Room
MONDAY 18th  BOOK READING CLUB WITH CHRIS (VOLUNTEER) - 1.30—2.30pm—Reflection Room
MONDAY 18th  ADVANCED ART GROUP WITH JOSH—Lower Ground
TUESDAY 19th  GYM GROUP WITH PHYSIO—10.30—11.30pm—Gymnasium
TUESDAY 19th  SENSORY EXPERIENCE—11.00am—11.30am—Reflection Room
TUESDAY 19th  PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
TUESDAY 19th  DOCUMENTARY OF THE WEEK —1.30—2.30pm—Reflection Room
WEDNES 20th  HAIRDRESSING SALON OPEN TODAY—Lower Ground Floor
WEDNES 20th  READING GROUP —10.30—11.30am—Lower Ground Floor
WEDNES 20th  HUXLEY DELTA DOG COMES TO VISIT WITH GLENDA (Volunteer)—ALL AREAS
WEDNES 20th  BINGO—1.30—2.30PM —Reflection Room
THURS 21st  CARPET BOWLS with JANINE —1.30—2.30pm—Lower Ground Floor
THURS 21st  ADVANCED ART CLASS with Josh —1.30—3.00pm—Reflection Room
FRIDAY 22nd  SEATED TAI CHI—10.30—11.30am—Reflection Room
FRIDAY 22nd  GENERAL BIBLE DISCUSSIONS with GAVIN (Volunteer) - 3.00pm—Monomeath

MONDAY 25th  SITDANCE CLASS —1.30—2.30pm—Reflection Room
MONDAY 25th  HIGH TEA WITH CHINSIA ‘WINTER THEME’ - 2.00-3.00pm- Reflection Room
TUESDAY 26th  BEAUTY THERAPY SERVICES WITH FRAN
TUESDAY 26th  SENSORY EXPERIENCE—11.00am—11.30am—Reflection Room
TUESDAY 26th  PHYSICAL ACTIVITIES—11.00—11.30am—Monomeath
TUESDAY 26th  DOCUMENTARY OF THE WEEK —1.30—2.30pm—Reflection Room
WEDNES 27th  HAIRDRESSING SALON OPEN TODAY—Lower Ground Floor
WEDNES 27th  GYM GROUP WITH PHYSIO—10.30—11.00pm—Gymnasium
WEDNES 27th  READING GROUP —10.30—11.30am—Lower Ground Floor
WEDNES 27th  HUXLEY DELTA DOG COMES TO VISIT WITH GLENDA (Volunteer)—ALL AREAS
Superb afternoon spent with Elders and Families celebrating Mothers Day with a special Luncheon. Of course we had to take photos of Elders at our special Photo Wall which all were very happy to pose in front of.

Frank Darling was our entertainer of choice and he crooned the many songs that Elders loved, taking requests too! All in all a great way to celebrate Mothers Day, the Trinity way.

*For more pictures please view Trinity Manor Face Book Page*
THIS AUSPICIOUS OCCASION was aligned with the Royal Wedding of Prince Harry and Meghan Markle. FEATURES: A Lecture Presentation on the history, culture and traditions relating to ‘the White Wedding’. THE EXHIBITION included Bridal Gowns, Wedding Portraits, and elegant musical performances by Pianist Peta Murray and Vocalist Anna Maria.

Our guest Performers ‘Dressed ‘Up to the Nines’! Bejeweled and wearing stunning Fascinators to complete their Ensembles.

Anna sang a selection of well known Arias—including ‘Ave Maria’.

Peta played our favourite Bridal Music—and added a couple of extra special melodies to hum along to . . . .
This Vintage Wedding Gown was kindly loaned to us by the Kew Historical Society. This Gown is estimated to be Circa 1890. It was wonderful to have an Exhibit to show the Elders up close.

Denise Hunt graciously offered to lend one of her Paintings for this Exhibition. The Artwork ‘Bride and Groom’ perfectly befitting for our themed Event. Placed in our Portrait Gallery alongside the Wedding Portraits of our Elders.

The Museum Wedding Dress was displayed alongside the most recently made Wedding Gown. . . . ‘Olden Days Classic meets Modern Day Elegance’. In my lecture I spoke about the origin of the White Wedding Gown. The fashions over the last one hundred years and even highlighting some of the most famous and most expensive Gowns in the World ie: the most valuable dress is valued at 8.5 million dollars !!!

THE WEDDING CAKE: . . . Much to the delight of the guests was ‘Lemon Elderflower Cake, with soft icing and decorated with fresh flowers (Chef followed the Royal Wedding Brief)
In keeping with the Royal theme we served High Tea with a Glass of pink Champagne.

As you can see on everyone’s face; it was a Wonderful Wedding Extravaganza. A BIG thank you to all the families that assisted. Whether it was by offering Wedding Gowns or Wedding Portraits to be exhibited, or by assisting on the Day. The festive spirit was contagious - spreading to all staff—that also passed by throughout the day to see the Wedding Portraits on display. We partied until the late afternoon! Some family members said they were going home to watch the Royal Wedding . . . As the mood struck them . . . Would there be more drinking of Champagne?

hmm I wonder . . . . .

Ciao Cinzia
Wedding Portrait Gallery

Mora (Comora) & Walford Barnett, Married 27th May, 1943

Blanka & George Vorlicek
Married 1st July, 1950

Wilma & Keith Morter
Married in 1950

Fay Redgen (Cliff’s wife) – Married 23rd May, 1953

Franca & Aldo Pieroni – Married 15th July, 1954

For more pictures please view Trinity Manor Face Book Page
Peter & Margaret Fanning—Married 22ND October, 1955

Angeliki & Spiros Giannoulopoulos
Married 14TH November 1959

Proxy Wedding of Lucia Ciampa in Italy, 1961, with her father-in-law standing in for her husband Mario, who was waiting for her in Australia

Lucia & Mario Ciampa – married in 1961

Judith & John Fitz-Henry
Married 25TH January, 1958
It is always exciting when our friends from Yongala Kindergarten visit for our Intergenerational Program, connecting the young with the mature. Our little friends some have now turned the big 4 years of age with a couple turning the big 5. We had mums & grandparents join us and a couple of toddlers.

The children were keen to seek out the friends that they have been making, showcase their singing and dancing skills, partnering up with Elders, showing their skills in our physical activity and helping our Elders along with this.

Over Chips & Pizza the children wanted to let me know their favorite part of visiting Elders at Trinity Manor -they were:

- Singing to the oldies
- Playing games with our friends
- Me being here
- Playing games with Cliff and laughing together
- Throwing the Bean Bags
- Taking Photos together

For Further Photos
Please Go To Our FaceBook Page
Jessie brought in her Granddaughter—Anouk—to visit. She is loving being with Elders.

Taking advantage of the home delivery service of Coffee’s from Café Westbury. Maria’s family also enjoyed this coffee service.

Knit n Natter group, lovely to see Oliver is learning a thing or two about knitting under the watchful eye of his mother, Judith.
Genazzano Students assist in various activities during our Intergenerational Programs each term. Here we are with our Dreamcatcher craft project.

Handing out chocolates in celebration of the birth of Prince Louis—any reason will do when it comes to chocolate!!

Donna (left with Josh) organised a private showing of Trinity’s new advert for the stars of the ad and those who helped behind the scenes.

You can view our Advert on our Facebook Page.
A truth seeker travels to the Himalayas to discover enlightenment.

Eventually, he finds a wise looking, old man sitting under a Bodhi tree beside a dilapidated old hut.

The old man slowly responds, carefully enunciating each word: “Before enlightenment, cop wood, carry water.”

So, the seeker does exactly that, then repeats the question. Again, the old man slowly responds, carefully enunciating each word. “When you work, you fulfil a part of Earth’s fondest dream.”

Eagerly, the seeker begins repairing the old hut until a young boy approaches and asks what he is doing.

“He is a guru and I am seeking enlightenment,” replies the seeker. The boy laughs uproariously and replies:

“He’s no guru, he’s my grandpa who can’t speak a word of English, but someone gave him a book of inspirational quotes and he’s worked out if he repeats them like a parrot, everyone does his chores for him.
Birthdays in the Month of JUNE 2018

Connie H.  16th June  Robert C.  27th June

Marianna recently celebrated her 90th Birthday surrounded by 30 family & friends!

A wonderful birthday to Kathleen, celebrating not only with her family but also friends and staff at Trinity.
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.
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.

FLU VACCINE

HAVE YOU HAD YOURS?

Influenza affects people of all ages, especially the elderly.

Our Elders are susceptible to the flu due to health reasons & in some cases medications that can reduce their immune system.

We request Family & Friends to consider having a Flu Vaccine for the protection of our Elders.

Should you have a slight sniffle please reconsider visiting as even a sniffle has the ability for an Elder to be affected.

Trinity Manor does have a flu vaccination program for Staff & Volunteers.

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

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

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

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