Lifestyle Team Message

Special Events for October

Advanced Art Group

Cake Decorating with Bev

Yongala Kinder Visit

Football Finals BBQ Luncheon

Rhythm of Daily Life

Celebrating Carl’s Birthday

Birthdays

Housekeeping Info

TRINITY MANOR BALWYN

NEWSLETTER

OCTOBER 2018

BETTY ENJOYING OUR FOOTBALL FINALS CELEBRATION
MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

We have recently finished our Football Finals BBQ Luncheon and once again I am struck by how much everyone enjoys themselves. Obviously our Collingwood supporters are incredibly happy and no doubt majority of Elders will be glued to all the pomp and ceremony that goes with a fabulous final played out at the MCG.

A huge thank you to representatives from Aphasia Victoria who visited and hosted our workshop on the subject. Family and volunteers who attended took a lot from this workshop with time given for questions.

October is quite the busy month as we gear up a notch to take advantage of the wonderful Spring weather, from walks around our neighborhood to various Bus Outings scheduled, along with our usual activity offerings.

We welcomed Kate who is completing her Leisure & Lifestyle Course and is undertaking her mandatory 120 hours. She has been with us for a couple of weeks, part time, but is already making herself known to Elders. Welcome Kate.

Fresh Fruit Announcement

We are all aware of the spate of food tampering that has been occurring that started with the discovery of needles in Strawberries across the country.

The safety of our Elders is paramount, therefore until this matter is resolved all whole fruit, and in turn our bowls of fruits in each dining room has been removed. We continue to serve freshly sliced fruit at morning and afternoon tea for consumption with fresh fruit salad also available for dessert. We stress the importance of vigilance to manage the safety and well being of our Elders.

PS: We are already in Spring Racing Carnival mode and organising our Oaks Day Luncheon, if you are able to come along, please fill out a booking form, located at Reception.

As always we welcome the involvement of family and friends in any of our activities, do not hesitate to join us any time.

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.

REMINDER TO VISIT OUR FACEBOOK PAGE.

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 October newsletter.

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team:
## Highlight of Special Activities for OCTOBER 2018

### Weekly Social Calendar is Available For Viewing Via Trinity Manor Website


*Please Go To Drop Down Box—Residential Care*

*Click Onto Balwyn Site—Then Onto Lifestyle Calendar*

- View ‘Weekly Social Calendar’ located 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 Details</th>
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<tbody>
<tr>
<td>Thursday 4th</td>
<td>SENIOR STYLE IN HOUSE SHOPPING WITH STEVE—1.30pm—Lower Ground Floor</td>
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<tr>
<td>Wednesday 10th</td>
<td>DAWN QUICK &amp; HER DANCING TROUPE—1.30—2.30pm—Lower Ground Floor</td>
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<tr>
<td>Monday 15th</td>
<td>JASON WAISLEY—OPERA SINGER—1.30-2.30pm—Lower Ground Floor</td>
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<tr>
<td>Thursday 18th</td>
<td>BUS OUTING TO YONGALA KINDERGARTEN—4 &amp; 5 year olds for Morning Tea—10.00am</td>
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<td>Thursday 18th</td>
<td>CLASSICAL MUSIC WITH PETA (VOLUNTEER) 1.30pm Commences —Reflection Room</td>
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<td>Monday 22nd</td>
<td>HIGH TEA WITH CINZIA &amp; CHRIS (VOLUNTEER) — ENID BLYTON &amp; ROALD DAHL — 2.00-3.00pm - Reflection Room</td>
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<tr>
<td>Wednesday 24th</td>
<td>HALF DAY 2019 LIFESTYLE PLANNING AFTERNOON—ALL LIFESTYLE STAFF</td>
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<td>Thursday 25th</td>
<td>ANEMONIES GREEK DANCE GROUP —10.30am Commencement—Lower Ground Floor</td>
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<tr>
<td>Thursday 25th</td>
<td>COFFEE &amp; CONVERSATIONS WITH KATH C.—2.00pm—3.00pm—Royal Lounge</td>
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<tr>
<td>Thursday 25th</td>
<td>HALF DAY 2019 LIFESTYLE PLANNING AFTERNOON—ALL LIFESTYLE STAFF</td>
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<tr>
<td>Friday 26th</td>
<td>BUS OUTING TO YONGALA KINDERGARTEN—Meet the 3 year olds for Morning Tea—10.00am</td>
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This group is making strides from when they first commenced under the guidance of Josh & assisted by our volunteer Chris. We are utilizing YouTube tutorials as well which has been well received by all!

A lot of concentration on master works of art.

Helen’s End Result! Looks Fabulous
Back by popular demand; our volunteer Bev once again showcased her expertise & skills in Cake Decorating. It was then the Elders turn in making their own Cake Decorating designs. Thank You Bev once again!!
Our Kindergarten program has been going strong since 2010 and it seems we have a great formula in bringing the young and the young at heart together. Some of our friends have turned the big 5 and readying themselves for school next year. They had 3 requests for their last visit, to sing together, do a craft project together & eat Pizza for lunch! And yes we did all 3. We have two visits to the kindergarten itself coming up and we can assure you our Friendship built between Yongala Kindergarten and Trinity Manor will continue in 2019.

Our friends took it upon themselves to pick flowers as a goodbye present. How Sweet!!
Janine, our volunteer has been involved in our Kinder program since the very beginning!!

This program is a success also due to our strong collaboration with Pauline, Director of the Kindergarten.
A lot of laughter as we held our fabulous Football BBQ Luncheon. Brent Parlane never disappoints us and had us singing our club songs plus some tried and true tunes we love. Chef delighted us all with mini meat pies & chicken mini balls in the shape of footballs on a bed of green lettuce. A BBQ & Pav to follow our afternoon of festivities!

Photo opportunity at the “MCG”

Josh’s wife Bec even made an appearance!
A big thank you to Sebastian for allowing us to organise a wall of photos of various pictures taken as a Professional Sports Photographer for a newspaper.

Our Elders enjoyed our dedicated wall of AFL Football action shots.
Great to have Laurel McKenna join us for a good old fashioned sing a long!!

Great to have our friends from New Life Christian Youth Group visit. We will see them back again on a Sunday prior to Christmas, keep an eye out for notices!
Rhythm of Daily Life...

Betty with one of the Youth Group volunteers that she got on well with

Helen took quite a liking to this car!

Gwen’s family dropped in for a visit, lovely to see everyone!

Thank you to Aphasia Victoria’s Konrad & Mimi + Caroline Baker who led a very interesting morning of information around Aphasia. Mimi, who is living with Aphasia gave us a lot to think about especially in the way we talk and approach a person with Aphasia. We received positive feedback from all those that attended.
Look who celebrated his 100th Birthday (in human years)

in formal wear too, Our Very Own Carl.

Carl joined his human, Ian, in a joint birthday celebration at our Classical Music Afternoon with his Aunty Peta

HAPPY BIRTHDAY TO A LITTLE GUY THAT BRINGS SO MUCH JOY TO EVERYONE HE MEETS
Birthdays in the Month of September 2018

Beverley N  9th    Peter F.    9th
Gwen H.    13th    Cliff R.    20th

Happy Birthday Shirley!

Happy Birthday George who celebrated with his sister Betty!
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 & 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**

14th August
16th October
18th December

*Time is 10.30am, held in Reflection Room Ground Floor*

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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.

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Deeptdene 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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**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.

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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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**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.

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**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.

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