From All Staff & Management

We wish all Happy Holidays, Merry Christmas and A Safe & Happy New Year.
Hi Everyone,

November was certainly a month of celebrating Horses—with an Oaks Day Luncheon and kicking up our heels and partying on, to visiting Racing Stable which was a Bucket List Wish to organising Horses to visit Trinity for others that had missed out on the full day outing. Elders stated they had an amazing month of Activities.

We have had positive feedback in outlining Staff Training in the newsletter, thank you to people who have contacted me. As a new improvement this will assist people in understanding the continuous training we provide for all our staff that will support them in their role, but ultimately assist us in providing care to the people we support.

I Must Tell You That …………………

CHRISTMAS IS HERE!! Yes and quite quickly too.

A couple of Reminders—our 2 special Christmas celebrations are locked in—for family & friends please book yourself into the day you wish to join us.

Christmas Day: Again for Catering purposes if we could know if you are joining us on Christmas Day for lunch to please book yourself in. Alternatively if Elders will be going out for Christmas could you please let us know. In this way we will ensure Elders are ready for the day which may include medications to take with you.

Trinity is excited to launch our new Coffee & Cake Card available to Elders & Families to be used at Café Westbury. Say hello to our Barista Sam & Raxita who have been trained by our Resident Barista Maria.

As an introduction in using our Coffee Card, we have arranged a Complimentary Card, that includes 12 free coffees & cakes (Valued at $50.00) to be given to all Elders. This card will be kept at Café Westbury on behalf of Elders unless Elders choose to keep the cards.

Further cards can be purchased at Reception for $50.00 (which is a saving of $12.00 overall). We look forward in seeing you at Café Westbury!!

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.

As always we welcome Family & Elder input in new Activities we could introduce in 2019. We love feedback and suggestions! We hope you enjoy the December newsletter.

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team;
Weekly Social Calendar is Available For Viewing Via Trinity Manor Website
www.trinitycare.com.au
Please Go To Drop Down Box—Residential Care
Click Onto Balwyn Site—Then Onto Lifestyle Calendar

- View Hard Copy of ‘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

SUNDAY 2ND  OUTING—HAWTHORN ARTS CENTRE TO SEE AUSTRALIAN BOY CHOIR + SPECIAL GUEST OPERA SINGER SUZANNE JOHNSTON. Ticketed event —1.00pm departure
MONDAY 10TH  CAROLLING WITH JANET BOOTH + VOLUNTEERS — 1.30PM—Lower Ground Floor
TUESDAY 11TH  PETA MURRAY & WATERFORD VALLEY SINGERS—1.30PM—Lower Ground Floor
THURSDAY 13TH  1ST ELDERS / RELATIVES & FAMILY CHRISTMAS LUNCHEON—Bookings Apply 12.00n Luncheon;  1.00pm Christmas Entertainment with a Visit by Santa
FRIDAY 14TH  2ND ELDERS / RELATIVES & FAMILY CHRISTMAS LUNCHEON—Bookings Apply 12.00n Luncheon;  1.00pm Christmas Entertainment with a Visit by Santa
MONDAY 17TH  A CHRISTMAS MUSIC THERAPY WITH OMEGA POTTS —1.30—2.15pm—1st Floor dining room
MONDAY 17TH  HIGH TEA WITH CINZIA & CHRIS (VOLUNTEER) — 2.00-3.00pm- Reflection Room
TUESDAY 20TH  COFFEE & CONVERSATIONS WITH KATH C.—2.00pm—3.00pm—Royal Lounge
TUESDAY 25TH  CHRISTMAS DAY—TRADITIONAL LUNCHEON—Bookings Apply

STAFF TRAINING

- Leadership Training with LASA (Offsite) for Senior Management Team
- Understand New Standards & its Impacts— Senior Management Team
- Caring for a Person with Respiratory Issues
- Pain: Recognizing & Responding
- Dignity & Care
Louise Saxton: The Linen Project is an immersive installation that pays homage to past lives and past labour and is built largely from the remnants of Louise Saxton’s practice of reclaiming everyday needlework. The artist has been collecting domestic linens since 1988 and for more than a decade has extracted and reconstructed the embroidery and lace from those linens to build several major bodies of work.

From these discarded and disinherited materials, Saxton creates unique two and three-dimensional assemblages.

The old starched nurses uniform brought back many memories that was shared by our volunteer Kath.
Trinity welcomed the Melbourne Colonial Dancers who have been meeting weekly since 1974 to enjoy traditional Australian dance in an attempt to save a very rich heritage that was almost swamped by the first World War.

We learnt that Colonial Dancing has a mixture of set dances and couples dances, all of which have predetermined steps. There are many different set formats such as squares, lines, circles, etc.

The couples dances include waltzes, schottisches and polkas which they showcased. It was explained that some of the costumes are originals from the 1800’s.
Another successful Luncheon as only we know how to host!! Our wonderful Students who completed their community service program made beautiful hair slides for the ladies and Origami Roses out of the napkins for our Elders, Family & their Friends to enjoy. The men I have to say looked dapper at our photo wall choosing to wear a Top Hat for a picture opportunity. Everyone looked absolutely beautiful & handsome.
A Bucket List wish completed.

When Robert expressed his wishes to go and visit a working Racing Stable, Lifestyle were able to plan a visit to Luke Oliver’s stables. Based in the beautiful countryside of Romsey we spent time with Luke and Georgie who showed us around the stables, explaining all the training conducted. We even got to see their mares who had given birth to foals which were only 6 days old. We then lunched at the infamous and haunted inn at Clarkesville. A tiring but wonderful full day outing.

This racehorse loved Janine’s jacket!!
Elders welcomed and fell in love with a couple, Horace & Wednesday. We learnt that Wednesday is pregnant and will give birth to her bundle of joy in 11 months time. Both horses were courtesy of Le Pines Community division, providing therapeutic style happenings with these gigantic horses. We instantly became besotted by them.

Merle was the first to welcome our guests—Wednesday (brown colored) & Horace (grey) with their handlers.

Margaret was happy to see them, but not get too close! Ha ha.
Kath, our volunteer hosting our monthly Coffee & Conversation group, regales us of when she was a nurse, and one of the 1st contingent of Missionaries too, in the 50’s in the Australian Outback.

Amazing Aboriginal gifts given to her by people she grew to know. The above is a nut from the Boab tree engraved with the life story of one of her friends in the Outback.

A young Kath Curtain in the Outback.

Kath has agreed to give a talk about her time working with our Aboriginal community next year.
Rhythm of Daily Life...

A wonderful family visit captured in a photographic moment in time with Marjorie and her family.

It was a family affair with Betty & her grandchildren (above) also voting, when we organised Mobile Voting Unit to visit.

One of our 1st Floor therapeutic activities, floral arranging. Thank you to Durga (with Aldo Left) & Care Staff for supporting our Elders.
WANTED: JOKES & PET STORIES TO ADD TO MY PAGE

Email: to my human assistant—Jessie from Lifestyle
jessiebainbridge@trinitymanor.com.au
Warm Birthday Wishes to the Following Elders in the Month of December 2018

Betty J.  4th  Wilma  22nd
Helen D.  25th  David A.  31st

Happy Birthday Dear Kay!  Celebrating with Family & a second celebration with her Trinity Family

Angeliki Celebrates her birthday with her beloved husband Spiro
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 staff 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

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.

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 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 food to other Elders as it may prevent them from eating the food including the possibility that they may choke.

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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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
From 1 July 2019, the Quality Agency expects organizations providing aged care services in Australia will be compliant with the new Aged Care Quality Standards. The Aged Care Quality Standards were developed by the Australian Government Department of Health in collaboration with consumers, carers, aged care providers, aged care workers, clinicians and other experts.

Compliance with the Quality Standards is mandatory when caring for people. Organizations are required to demonstrate performance on an ongoing basis to meet Australian Government requirements. The Australian Government may take action if organizations do not comply.

Standards provide a framework of core requirements for quality and safety. Some Standards will apply differently to organizations, depending on the types of care and services they provide. Many organizations will go beyond these core requirements to provide a higher standard of care and services for consumers.

The Quality Standards focus on outcomes for consumers and reflect the level of care and services the community can expect from organizations that provide Commonwealth subsidized aged care services.

The Quality Standards will move from 4 Standards to 8, the Quality Standards are made up of the below individual standards:

1. Consumer dignity and choice
2. Ongoing assessment and planning with consumers
3. Personal care and clinical care
4. Services and supports for daily living
5. Organization's service environment
6. Feedback and complaints
7. Human resources
8. Organizational governance.

Each of the Quality Standards is expressed in 3 ways:

1. A statement of outcome for the consumer
2. A statement of expectation for the organization
3. Organizational requirements to demonstrate that the standard has been met.

The structure of the standards allows quality assessors’ assessment and monitoring processes to focus on consumer outcomes and consider evidence of the consumer’s experience and the systems and processes that the organization has in place to support the provision of safe and quality care and services.