MAY THE NEW YEAR

BRING

JOY, PEACE & HAPPINESS

TO YOU & YOUR FAMILY
MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

Happy New Year to everyone!!

Hope all had an enjoyable Christmas spent with family and friends. Aside from our Christmas Party Luncheons we were visited by 2 of our Choir Groups who bring Christmas Cheer to everyone.

Thank you also to our Christian Youth Group who spent an evening with Elders where we organised a round of Team Bingo. It was funny—who knew that playing for blocks of chocolates would bring out the competitive juices out of everyone! A big thank you to Pam, who lives at Trinity and is now our Volunteer hosting our Bingo Activities each week; also a huge thank you to all of our Volunteers who have been such a constant in the lives of all elders the past year. We are certainly thankful that all wish to continue for 2019.

As we embark into a New Year at Trinity we certainly do not let the grass grow under our feet. January is already jam packed with our usual activities on offer and some special events too.

We finish the first week of January with Reminiscing about New Year and Resolutions of the past but also view how others around the world celebrate the New Year.

Omega Potts commences back in providing Music Therapy to our Elders who appreciate this style of music. The wonderful Peter Breen is back, Elders has described as having the voice of an angel. Our Monthly Leather Workshops are also back with a different Peter.

Bring along family to meet some of our Australian Wildlife with Vince who will educate us on our unique Australian Animals in celebration of Australia Day.

Thank you to family members who have given me positive feedback in the introduction of highlighting the monthly training of Staff at Trinity in the newsletter. This gives people an insight into the dedication of training we provide to all Staff. Again, any suggestions anyone may have please do not hesitate to contact me.

VOLUNTEER DRIVER:

Dave is doing a sensational job of driving our bus, supporting Lifestyle but mainly Elders in special outings. We would like to extend our Outings whether it is a leisure drive, or picnic in the local park to offer all Elders the ability to get out and about. Only a drivers licence is required, all training will be provided. If you or someone you know would be willing to volunteer in driving the trinity mini bus please let me know.

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 January newsletter.**

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team;
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRIDAY 2ND</td>
<td>REMINISCING OF NEW YEAR - AFTERNOON TEA PARTY</td>
<td>2.00PM</td>
<td>REFLECTION ROOM</td>
</tr>
<tr>
<td>MONDAY 7TH</td>
<td>MUSIC THERAPY WITH OMEGA POTTs</td>
<td>1.30PM</td>
<td>1ST FLOOR LOUNGE</td>
</tr>
<tr>
<td>THURSDAY 10TH</td>
<td>PETER BREEN ENTERTAINS</td>
<td>1.30pm</td>
<td>REFLECTION ROOM</td>
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<tr>
<td>FRIDAY 11TH</td>
<td>PETER—LEATHER WORKSHOP</td>
<td>2.00PM</td>
<td>REFLECTION ROOM</td>
</tr>
<tr>
<td>WEDNESDAY 16TH</td>
<td>CATHOLIC COMMUNION WITH ELENA</td>
<td>3.00PM</td>
<td>REFLECTION ROOM</td>
</tr>
<tr>
<td>MONDAY 21ST</td>
<td>HIGH TEA WITH CINZIA &amp; CHRIS (VOLUNTEER)</td>
<td>2.00-3.00pm</td>
<td>Reflection Room</td>
</tr>
<tr>
<td>FRIDAY 25TH</td>
<td>MEET &amp; LEARN ABOUT AUSTRALIAN WILDLIFE WITH VINCE</td>
<td>10.45AM</td>
<td>Reflection Room</td>
</tr>
<tr>
<td>WEDNESDAY 30TH</td>
<td>CATHOLIC COMMUNION WITH ELENA</td>
<td>3.00PM</td>
<td>REFLECTION ROOM</td>
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**STAFF TRAINING**

- Manual Handling
- Hand Washing Competency
- Dysphagia: Awareness & Support for Swallowing Difficulties
- Leadership Skills: A collaborative Approach to Achieving Outcomes (RN/Site Manager)
- Outbreak management Principles
- Infection Control: The Basic Principles

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 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

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Trinity Manor  8-14 Pretoria Street, Balwyn, 3103 PH:9817-2838
December commences with an invitation to see the Australian Boys Choir. We learnt the children are aged between 7—17 years of age. Most of whom are in the final stages of preparation to join the National Australian Boys Choir. We also learnt that our own Bernie was a member of the National Australian Boys Choir in the years 1944 to 1945 until the passion of playing Cricket took hold. The musical arrangements, certainly the voices did not disappoint—we were left mesmerized by all the talent.

Bernie met up with the Choir’s Musical Director plus two of the Principle Choir Boys. Bernie gave a rendition of the song of White Cliffs of Dover that got him a spot into the choir in 1944.

DID YOU KNOW:

The first rehearsal of the Australian Boys Choir took place on October 20th 1939, a little over one month after the outbreak of World War II. Australian Boys Choir is a not for profit performing and training organization.
A thank you to Janet Booth & Friends and also to Peta & her Choir from Waterford Valley Retirement Group in volunteering their afternoon to spread some cheer through Hymns & Christmas songs we know so well.
What can we say except what happens at our Christmas Luncheon—stays at the Christmas Luncheon especially some of the reactions when Santa arrived. With good food and wine, great entertainment and everyone in the Christmas celebratory spirit we had the best of times. Once again a very big thank you to our Volunteers across the 2 days of partying who we just could not have done without.
CHRISTMAS FUN
Here Comes Santa Claus!
Rhythm of Daily Life...

Art used as Therapeutic approach and bringing out our creativeness.

Margaret & Sandy help out with brightening up our home.

Marsh & Carer working on puzzles together.

Jemma & her gorgeous daughter caught under the Xmas Tree

Pam enjoying a visit by her daughter
A big thank you to Matthew, grandson of Bernie (above) who gave an informative presentation on Sustainability. Here he is with his proud mum Claire. Matthew is wishing to be involved in a Gardening Project led by Elders in 2019.

Liz wins 2nd Prize in our Christmas Raffle, first prize goes to Sally.

An Evening Bingo session with Christian Youth Group led by our very own Bingo Caller, Pam
There were 3 teams who were quite competitive as well!! It was a lot of fun.

All stated they had a wonderful evening and thank you to our friends who will be back in 2019
WANTED: JOKES & PET STORIES TO ADD TO MY PAGE

Email: to my human assistant—Jessie from Lifestyle
jessiebainbridge@trinitymanor.com.au

LIFE BEFORE THE COMPUTER

* Memory was something that you lost with age
* An application was for employment
* A program was a TV show
* A cursor used profanity

* A keyboard was a piano
* A web was a spider's home
* A virus was the flu
* A CD was a bank account

* A hard drive was a long trip on the road
* A mouse pad was where a mouse lived

What is the meaning of life?
I don't know. The computers are down.

The internet is so fascinating!
That's the microwave!
Warm Birthday Wishes to the Following Elders in the Month of January 2019

<table>
<thead>
<tr>
<th>Name</th>
<th>Birthday Date</th>
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<tbody>
<tr>
<td>Shirley L</td>
<td>3rd</td>
</tr>
<tr>
<td>Ivan N.</td>
<td>12th</td>
</tr>
<tr>
<td>Marj H.</td>
<td>15th</td>
</tr>
<tr>
<td>Toni D.C.</td>
<td>6th</td>
</tr>
<tr>
<td>Blanka V</td>
<td>14th</td>
</tr>
</tbody>
</table>

A truly Happy Birthday Celebrations for Betty who after a party with family celebrated with Trinity Staff & Friends.

Happy Birthday Celebrations
Sandy!
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 Elders 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.
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ELDERS & RELATIVES MEETINGS
A reminder to please put the below dates in your calendar for 2019
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 February
9th April
11th June
13th August
8th October
10th December
Time is 10.30am, held in Reflection Room

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

FLU VACCINE
HAVE YOU HAD YOURS?
Influenza affects people of all ages, especially the elderly.
Our Elders are susceptible to the flue 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 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.

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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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 of 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.