CLIFF CELEBRATING HIS BIRTHDAY WITH ONE OF CHEF'S AMAZING FRESH SPONGE CAKES HE BAKES
**MESSAGE FROM THE LIFESTYLE TEAM**

Hi Everyone,

The warmer weather is seeing more Elders, Family, Friends, Care Staff and Volunteers spending more time taking in some Vitamin D and this may see an activity or two changed to accommodate the wishes of our Elders to either sit outside in one of our many Sensory Courtyards or simply go for a leisurely walk.

Visiting our friends at Yongala Kinder for the last time is always wonderful but tinged with sadness. After spending more than a year together we have seen personalities shine through with some children gravitating towards the same Elder. New friends will be made as we go into 2019.

Please don’t forget to check our weekly calendar but also keep an eye out for our special posters. In November we will have the final visit by the Christian Youth Group, again they have been marvelous in providing companionship and prayer.

Our Oaks Day luncheon will soon be upon us, don’t forget to dress to impress, as we are sure to have an amazing afternoon.

Join us on Monday 12th as we liaise with the Boorondara Council to host the Melbourne Colonial Dancers at Trinity Manor. There will be several couples showcasing their dancing styles and we are sure to reminisce of the days when Elders use to go out to dance halls.

**We will have a Mobile Voting Booth attending Trinity Manor** for Elders, Staff, Family & Friends. Why not beat the throng of lining up and pre-vote. Please see Jessie to register your attendance.

That day is sure going to be busy as we provide Horse Therapy with 2 Percheron Horses visiting. These horses are well known for their gentle nature and willingness to work. Get your photo taken with them, pat and feed them a carrot or two if you wish.

During our October Elders/Relatives meeting the subject of training of staff was discussed; a suggestion made is to highlight our monthly training for staff in our Newsletter. We are putting together our 2019 Calendar of training and we open up to Elders, Family and Friends of what subjects we could incorporate into our Training. Please speak to Jomon, our Site Manager who will be happy to discuss this with you.

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 November newsletter.
Highlight of Special Activities & List of Training For November

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 4TH
NEW LIFE CHRISTIAN YOUTH GROUP —10.30 am—Reflection Room

THURSDAY 8TH
OAKS DAY LUNCHEON Plus LAUREL McKENNA TO ENTERTAIN—12.00N TO 2.00PM
(Bookings for Family/Friends Required)—Lower Ground Floor

MONDAY 12TH
MELBOURNE COLONIAL DANCERS —2.15PM —Lower Ground Floor

TUESDAY 13TH
STAFF MEETING—12.30—2.30PM

WEDNESDAY 14TH
FULL DAY BUS OUTING TO ROMSEY—Leaving at 10.00am til 4.30pm

MONDAY 19TH
HIGH TEA WITH CINZIA & CHRIS (VOLUNTEER) — 2.00-3.00pm- Reflection Room

TUESDAY 20TH
BUS OUTING TO HAWTHORN ARTS CENTRE—LINEN EXHIBITION—Leaving 1.15pm +
Afternoon Tea

THURSDAY 22ND
MOBILE VOTING UNIT HERE—10.00am—12.00n

THURSDAY 22ND
HORSE THERAPY – Live Draught Horses to Visit—1.30pm—Car Park

THURSDAY 22ND
COFFEE & CONVERSATIONS WITH KATH C.—2.00pm—3.00pm—Royal Lounge

THURSDAY 27TH
HELEN CROSS & ALL DIRECTIONS CHOIR— 2.00pm—Lower Ground Floor

THURSDAY 27TH
CLASSICAL MUSIC WITH PETA & GEOFF—LIVE PERFORMANCE—1.40pm—Reflection Room

- Manual Handling—Competency Assessment
- Caring for a Person with Respiratory Issues
- Pain: Recognizing & Responding
- Dignity & Personalized Care
- Meeting By Medication Advisory Committee
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.

Trinity Manor is beginning its journey in embracing the new Standards and to have been implemented prior to 1st July. Next Month we will cover Standard 1.

For detailed information this can be accessed via www.aacqa.gov.au/guidance
A short Bus ride to visit our little friends for the last time before they embark on their scholastic journey to school in 2019. We had a wonderful time as they showcased their Kindergarten, their works of art plus of course games. Goodbye & good luck little friends.
Lovely spending time at the Nursery to see plants in bloom plus enjoy afternoon tea in

Don’t spill the coffee Stuart!!
It was Greek Independence week, Lifestyle introduced a new Culture to celebrate, starting with a High Tea with a talk on Greek Cafes & Milk Bars of Australia and its history. A fabulous book which we enjoyed reminiscing about our own experiences.

Followed by a Documentary on Greece and its rich culture another day ending with the Anemones Greek Dance group on Independence Day. This group performs at multicultural events & many other groups.
Nola explained that the name for the dancing group ‘Anemones’ was selected because it was thought to represent the women who came to Australia from all over Greece just like the wild flower that grows throughout Greece. The flower is delicate but also resilient. The ladies wear different colored skirts as the Anemone flower is made up of many colors.

Angeliki thoroughly enjoyed the afternoon, the ladies even performed a dance from Angeliki’s region in Greece.
BUS OUTING INTO THE PARK

A Bus Outing of a different kind for Elders who enjoy a short trip, but enjoy getting out and about.
Elders gathered for a special afternoon tea to present a cheque to Rotary Club of North Balwyn President Nino Sofra to aide the Farmers Drought Relief appeal. Elders raised money during an evening movie and this resulted in the presentation of monies raised. 100% of the monies raised will go to farmers in need. We discussed the chance to be involved in other projects with North Balwyn Rotary even going to a meeting or two. Watch this space.....
Jason Wasley was back again by popular demand entertaining our Elders with his Baritone Opera voice.

Steve from inhouse shopping group Senior Style, visited us for an afternoon of shopping in the comfort of our own home!
Winners are grinners; Dawn & Marj were very happy to receive their Carpet Bowl Certificate.

We are spending more time in the courtyard on beautiful days, whether it is sitting with friends or holding our Bingo activity, we are finding many uses for this space.

Connie and her beautiful family which includes her Great Granddaughter.

Robert and his son Adam, with Roberts Granddaughter enjoy time in the courtyard.
Dawn Quick & her Y Troupe visited—can you believe she is 88 years of age and still teaching & dancing tap dancing.

We wish to thank Maria for providing training to our Café Staff. Maria ran her own Restaurant and Café for many decades. I have met people who would travel across town for one of her coffee’s. Café Staff had an excellent teacher!!
WANTED: JOKES & PET STORIES TO ADD TO MY PAGE

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

**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 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 & 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.

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