



TRINITY MANOR GREENSBOROUGH NEWSLETTER SPRING -SUMMER 2024

Welcome Message

1

Rhythm of Daily Life

2-7

- ⇒ 100 Birthday Celebration
- ⇒ Kinder Outing
- ⇒ Cultural Connection
- ⇒ Enjoyable moments
- ⇒ Outdoor Fun
- ⇒ Oaks Day – Horse fun or Hat Pose



Spring and Summer are the season of Hope that brings joy to each others company...

Fun Page &
Recycle Program

8

Housekeeping

9-10



REMEMBER
TO
LIKE OUR
FACEBOOK PAGE!

Welcome Message

This newsletter shows various spring activities elders have been participating in over the last three months. Elders have engaged in many sing-along music sessions and also sang 'Happy Birthday' for the 100th year celebration of Su Moe Jap. Some elders also attended a special invitation to visit Delta Kinder for a joyful craft activity, book reading, and to share morning tea with the children.

Additionally, elders have embraced many cultural events. Some attended the morning tea melodies as part of the Senior Festival Week at Watsonia RSL. They enjoyed the treat of lunch and entertainment. Others enjoyed the Diwali cultural tradition by tasting coconut Addu prepared by the hospitality team. Elders delighted in dancing around the mandala display and listened to staff sharing their cultural stories. Another fun activity, as per elder requests, was the Halloween craft and trivia. Elders relished the fun of the game 'Trick or Treat.'

Elders and staff enjoyed the 'Oak Day Melbourne Cup' celebration with handmade paper hats. Elders paraded their hats, and some had a pleasurable high tea experience, while others enjoyed delicious cappuccinos from the cafe, having a delightful afternoon, including a horse race game.

Elders embraced the commemoration of Remembrance Day, the 11th of November, at 11 in the morning, with a special morning tea and viewing the live memorial ceremony. Then, with the inclusion of every home area, reception announced the 'Last Post' for the minute of silence. One elder proceeded to place the flowers on our memorial in acknowledgment of those who die in the line of duty for Australia.

Elders have also been enjoying many walks around the sensory garden. These have included activities of group dynamic exercises, some with the physio, while others enjoyed the pet therapy relaxing moments. Lifestyle continues with the recycled bottle program activity for a positive contribution in helping our environment.

Lifestyle encourages elders to continue the use of improvement forms for further discussion or expressing in writing any feedback about their service provided. Everyone is encouraged to check the weekly activity program, as it is wonderful to see elders attending various activities of their choice.

If you would like to discuss any areas of concern or just have a chat, please don't hesitate to contact any staff member so they can attend to your needs in the best way possible.

Monica Espinoza | Lifestyle -Wellbeing Coordinator

Embracing Community

We take the opportunity to thank all elders, families, and staff for being committed to the Trinity values and philosophy. This spring and summer season, we would like to thank Renee B., our chef, for her continuing enthusiasm in helping bring so much laughter with her spontaneous appearances in lifestyle activities.



CONGRATULATIONS to: Su Moe J. on her 100th birthday! Thank you to her family for helping celebrate Su Moe's 100th birthday. It has shown an amazing life, recognition of family, and unity. Su Moe's family took the opportunity to say thank you to all staff and management for the caring service quality towards Su Moe. To all carers and nursing staff, we thank you for doing an amazing job supporting all elders and embracing the values of Trinity Manor.

We also welcome new carers to the team and encourage them to check the lifestyle weekly program to continuously help elders enjoy the various activities of their liking and choice.



Trinity Manor, Greensborough.

100

Rhythm of Daily Life...

100 YEARS

Turning 100 is in deed the most significant achievement in life

HAPPY BIRTHDAY Su Moe J. from all Trinity Manor Friends—



Trinity Manor, Greensborough.



Rhythm of Daily Life

KINDER OUTING VISIT

Elders had fun playing with the children, enjoyed doing some Tiaras, Sing Australian songs together and shared a delightful morning tea !





CULTURAL CELEBRATIONS

Elders enjoyed a mix of cultural celebrations such as Remembrance Day—Community Outing for Seniors Festival to Watsonia RSL—Halloween Fun and Diwali Afternoon.



Remembrance Day



Seniors Festival



Rhythm of Daily Life...

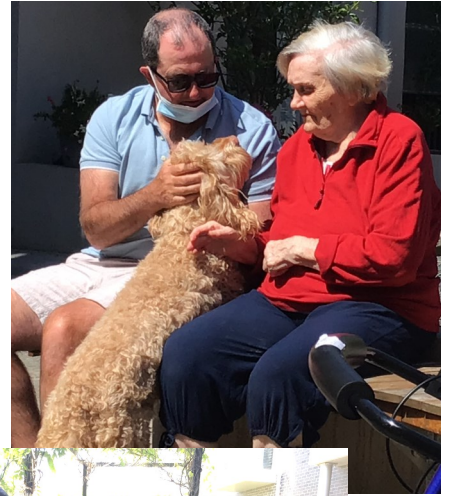
Dancing, Singing, Knitting, Crafting, Bingo, Bowling
is the Rhythm of Spring – Summer time!



Trinity Manor, Greensborough.

Rhythm of Daily Life...

Enjoyment of Sensory Garden



Oaks Day with a Hat Parade and Ride the Horse Game



FUN PAGE

SPRING

I X T U L I P C
 S H O W E R S W A E I
 B Z J E S E E D S M G G
 A B U E D U C K L I N G R R
 J U S M U O L L S H Z S A C
 N T U Y B X B M A K R L S E
 E T N N M L R U D M L E S R
 S E S R F O E N N I B A C O
 T R H Z W L E B P N U S H B
 H F I K N E O R E A Y T I I
 O L N K R S E W M E K E C N
 Y E G Z T C U E Z N R K
 F E T A G R O W R L J T
 C J R O S E S S

BUMBLEBEE
 BUNNY
 BUTTERFLY
 CATERPILLAR
 CHICK

DUCKLING
 EASTER
 EGGS
 FLOWERS
 GRASS

GREEN
 GROW
 LAMB
 NEST
 ROBIN

ROSES
 SEEDS
 SHOWERS
 SUNSHINE
 TULIP
 WORMS

<https://everydaychaosandcalm.com>



Let's Recycle and contribute our Planet!



Please ONLY Recycle your Bottles with the 10c Mark



Trinity Manor, Greensborough.

Safety & Emergencies

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.

Chemist Ware House

is the Pharmacy Group who supplies all medications

Phone [1300 367 283](tel:1300367283)

Check with our Nursing Station for more enquiries



Trinity Manor, Greensborough.



ELDERS CLOTHING

Please remember:

When bringing in new items of clothing, please put these in a bag with that Elder's full name clearly written on the bag and then given into the Nurses station.

We can then label the new items for you.

PLEASE KINDLY CHECK THE LOST AND FOUND RACK for items found unlabelled—Contact Cleaners or Reception for any items you might think hasn't been labelled and went through the laundry.



We can then label the item found for you.

VISITORS

At Trinity Manor we care and ensure we provide the best care, we ask that when visiting you are well enough to come to the facility, if you have gastro, flu or covid symptoms please we appreciate you recover well before visiting

For any visitations we request a COVID negative screenshot and proof of COVID vaccination.

You Are Reminded if feeling unwell to do a your own RAT test or re-schedule your visit .

All visitors need to wear a Mask during your visit.

Please Signing at Reception and Remember to sign out.

Weekends ring Reception - thank you

General Enquires ring: 9091 5200

Consumer Advisory Body (CAB) MEETINGS

Group discussion with Elder representative prior meeting are to be check on lifestyle calendar for allocated time.

Next Meeting—We will hold Eden Forums to discuss aspects with Elders.

Next CAB Meeting-

TUESDAY - 10th December

10:30am

Family members for any items they wish to discuss please contact Site Manager

Community Services

HAIRDRESSER TEAM



Bookings

Next date:

TUESDAY

19th November

3rd December

17th December



2025 Dates TBA



ELDERS OUTINGS & HOME VISITS

Due to constant changes to Victorian Laws surrounding Outings & Home Visits

Please refer to updated e-mail information.

For any clarification please speak to Reception.

Elders must be signed out whenever they leave the home and signed back when you return.

VISITORS: Please keep up to date with COVID-19 guidelines.

This month...

Remembrance Day
Greensborough Plaza Outing
St Mary's Church Visit

COMMUNION SERVICE

St Mary's Church

Volunteers attend

Every Friday

Trinity Manor

Ground Level

OUTREACH LIBRARY

Every Month Visit

1pm—Friday

1st November

29th November

20th December

COMING UP next month...

December

Christmas Carols—

Delta Kinder Visit

Christmas BBQ

Christmas Raffle

New Years—Happy Hour

Compliments

Suggestions & wishing to be a Volunteer or

Family Guest speaker

All welcomed!

Please fill the Improvement form, Contact Reception or our Lifestyle at Trinity Manor



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.



Trinity Manor, Greensborough.