



# TRINITY MANOR BURWOOD NEWSLETTER

*December 2018*

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## MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

Another year over as the song goes and we have been busy in 2018 and must say looking forward to what lies ahead in 2019.

Lovely to spend our Christmas celebrations with Elders, their family and friends. It was also a celebration to say thank you to our Volunteers who have lent their time in hosting activities and in providing companionship to Elders here.



During the busy month of December we had an Unannounced visit by the Quality Standards Agency who were with us for 2 days.

They were particularly thorough, a good thing, going through all our Policies, Reports via all 4 Standards i.e. Management Systems, Staffing & Organisational Development; Health & Personal Care; Lifestyle and Physical Environment & Safe Systems.

Numerous Staff, Family and Elders met with the Agency representatives where all conversations remain private. Management were also in consistent meetings with the Agents.

**Through it all WE PASSED!!! Woo Hoo!!!** We wish to Thank Everyone involved but especially our incredible team of people who support Elders at Trinity Manor, Burwood.

This is an apt time to highlight that the Quality Accreditation Standards will be changing on 1st July, 2019. We will be going from 4 Standards to 8 Standards. An outline of these upcoming Standards are on Page 19, for more detailed information please go to the Government's Website.

Trinity Manor is already organising training for our Staff to be ready for these new Standards.

I hope you enjoy the journey through photos of the past few months. Keep safe, have a Merry Christmas, Happy Holidays and we all wish you the very best for 2019.

As with all our Special Events, *Check out 'Weekly Activities Planners'* - as well as – 'Special Event Posters on our Communal Bulletin Board, also highlighted at the Sign In Desk or on Reception Desk to keep up with all the latest happenings.

Ask any time for **Copies of Elder Photos** – these can be printed to give family and friends.

As always we welcome Family & Elder input in new Activities we could introduce.

We love feedback and suggestions!

**We hope you enjoy this newsletter of reminiscence.**

*Cheers, Jessie Bainbridge,*

*Debbie Palmer & Virginia Searle, Your Lifestyle Team*

# FOOTBALL FINALS BBQ

Our Football Finals lunch never disappoints with our volunteer, Peter at the helm of our BBQ. With a lovely day, wonderful company and talking about our teams, wearing our team colors, it was an enjoyable afternoon. Congratulations to Esma who won the 2018 Football Tipping Competition and to the Craft Group who made her gift depicting her favorite mascot— A Tiger.



# DIWALI - FESTIVAL OF LIGHTS

## Celebrating Diwali at Trinity Manor Burwood with Staff, Elders & Families

Diwali is a festival which is celebrated in India and Nepal. Celebrated over 4 Days, each day of Diwali has its own tale to tell. The first day of the festival, *Naraka Chaturdasi* marks the vanquishing of the demon Naraka by Lord Krishna and his wife Satyabhama. *Amavasya*, the second day of Deepawali, marks the worship of Lakshmi when she is in her most benevolent mood, fulfilling the wishes of her devotees. It is on the third day of Deepawali, *Kartika Shudda Padyami*, that Bali steps out of hell and rules the earth according to the boon given by Lord Vishnu. The fourth day is referred to as *Yama Dvitiya* (also called *Bhai Dooj*), and on this day sisters invite their brothers to their homes.





And There Is Dancing





AFTER CONSULTING WITH ELDERS, WE HAVE BEGUN A LONG TERM GARDEN PROJECT TO TAKE US INTO 2019. ELDERS ARE KEEN TO BRING COLOR INTO THEIR CENTRAL COURTYARD. WE HAVE LOOKED AT VARIOUS PLANTS THAT WILL BRING A CALMING SENSE INTO THAT AREA AND AFTER RECEIVING ADVICE FROM DEMENTIA AUSTRALIA OUR COLOUR SCHEME WILL BE VARIOUS PURPLES/PINKS/CREAM & YELLOWS. PLUS OTHER SENSORY STYLE PLANTS.

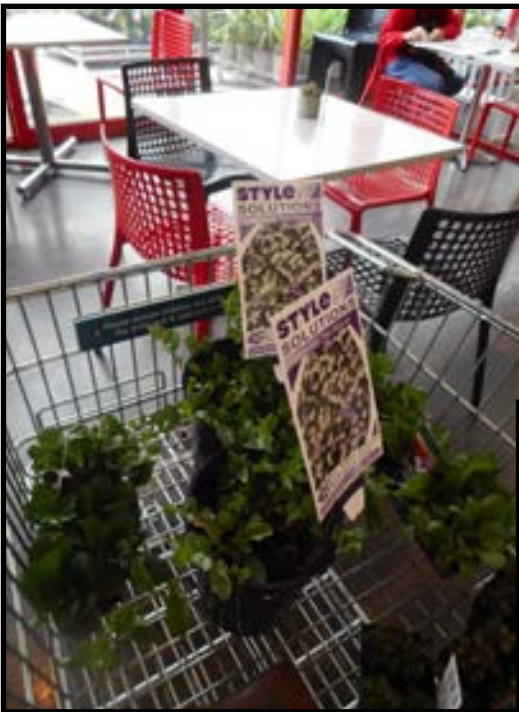
A BUS TRIP TO BUNNINGS WAS OUR FIRST DESTINATION TO PICK UP SELECTED PLANTS TO PLANT IN THE FOUNTAIN. NEXT STAGE WILL BE THE AREA NEAR THE SUN ROOM DOOR IN THE NEW YEAR. WE ARE AIMING FOR A RELAXING & PEACEFUL ENVIRONMENT WHERE WE ATTRACT BUTTERFLIES AND OTHER CREATURES INTO OUR GARDEN.



YEAH BUNNINGS!!  
WE ROAM AROUND THE AISLES.



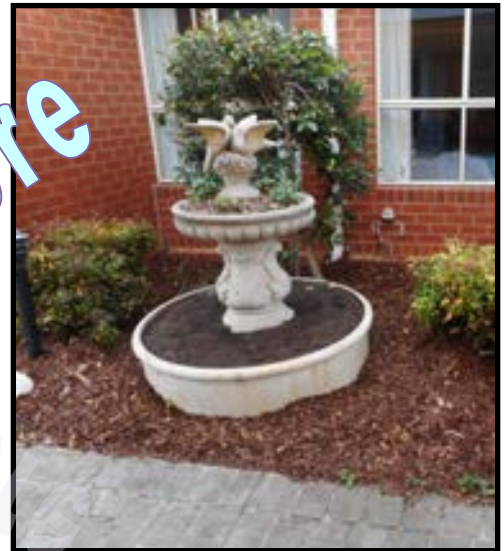
OUR PLANT CHOICES.



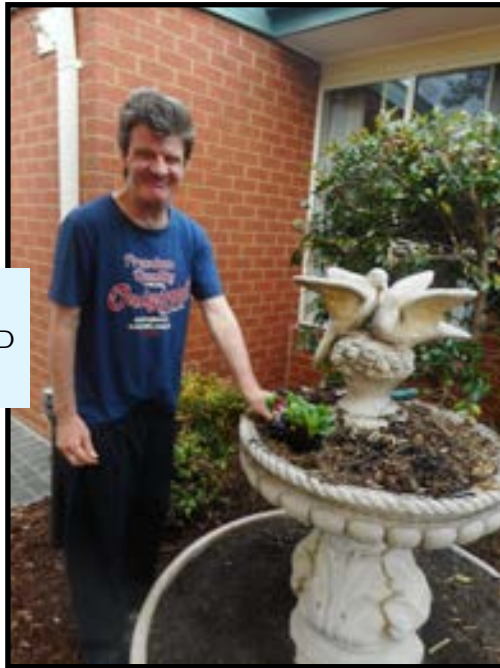
FUNNY WHO YOU BUMP INTO.  
MANSOOR BUMPS INTO HIS  
GOOD FRIEND!



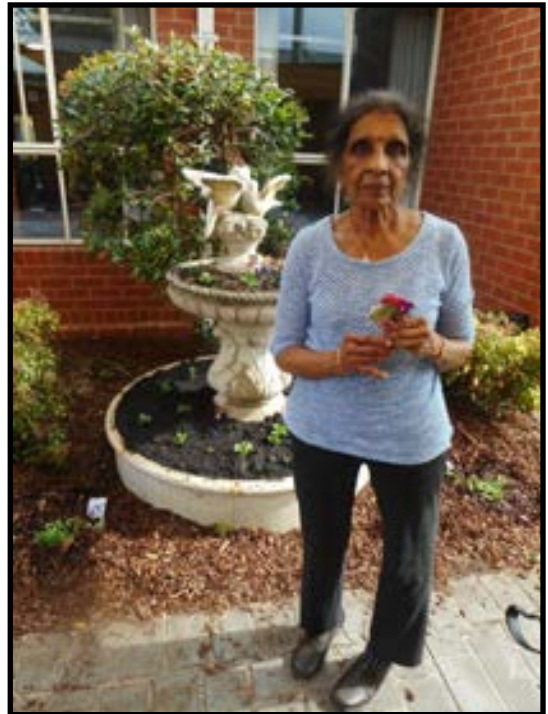
# Now comes the planting .....



Before



HELPING HANDS,  
THANK YOU DAVID  
& BHARTI



After

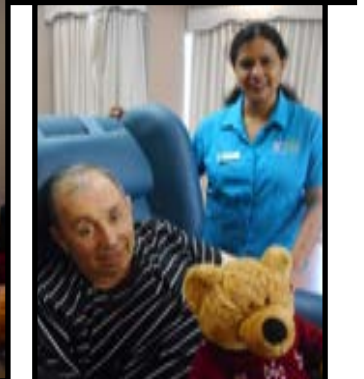
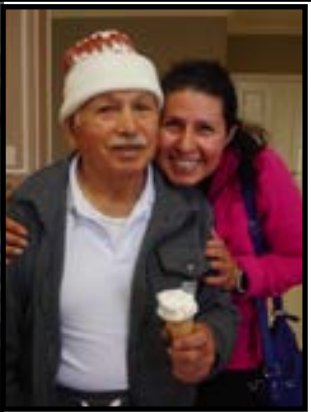
OUR BABY'S ARE  
GROWING.







When the idea came to hold a Teddy Bears' Picnic we jumped on this idea. Who doesn't love a Teddy Bear!! Elders brought along their favorite Teddy, we learnt the history of where the Teddy originated. We had amongst other things Ice Cream Cones. It was such a success that Elders chose to hold a second Picnic day.



# CHRISTMAS PARTY



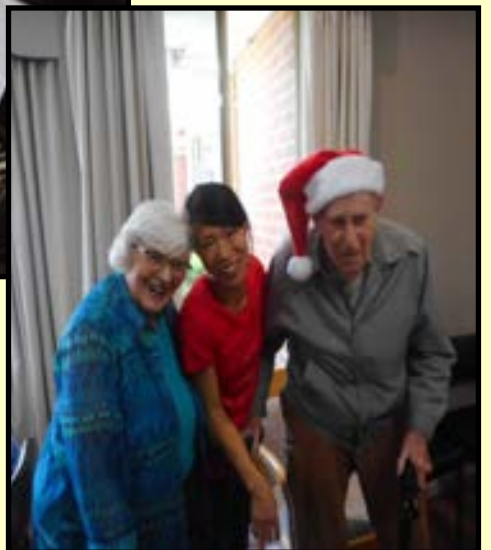
An enjoyable Christmas Luncheon with Elders & their families & friends. Thank you to everyone who was able to join us. We took this opportunity to thank our wonderful group of Volunteers who are such an integral part of our Activity Program.





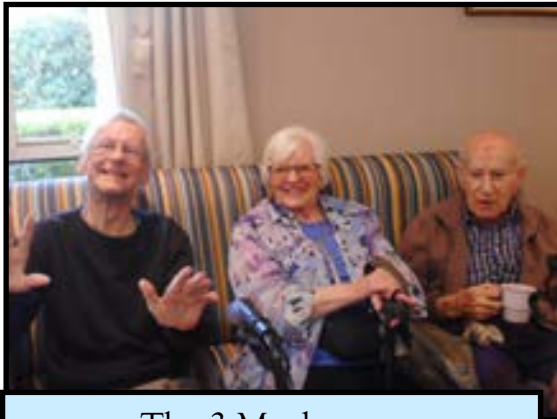
# SANTA Visits

A graphic header for 'Santa Visits'. It features a red banner with the word 'SANTA' in white, block letters. Below it, the word 'Visits' is written in a large, red, cursive font. To the right of the text is a cartoon illustration of Santa Claus in his red suit and hat, holding a sack of gifts. The background is a light blue sky with white snowflakes and a snow-covered evergreen tree.





# Rhythm of Daily Life...



The 3 Musketeers



Mansoor happy to be with Debbie



Our yearly trek to Box Hill RSL for some Christmas Cheer.



Esma with family in the courtyard





# Rhythm of Daily Life...



A serious game of Rummikub



When Debbie learnt of an Someone Else who is mad about St Kilda Football Club, - the craft group made a special booklet for Julie of her favorite team & player.



# Rhythm of Daily Life...



Sam helps out with our Christmas Craft



Mansoor & Sam caught relaxing in the courtyard



Elders helping us out folding the napkins & tea towels, whilst Jim supervises (ha ha) Thanks Everyone!







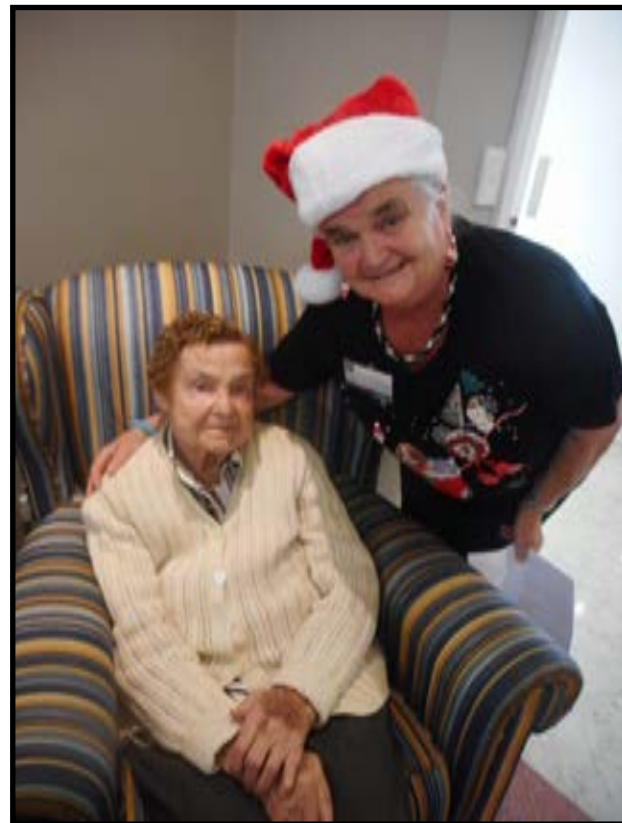
# Rhythm of Daily Life...



Mini provides Jim with a gentle massage—a lot of laughter to be had though.



Julie has also gotten into Diamond Beading Craft



Alexandria & Sue spend quality time together.



# Staff Christmas Get Together

It was a very hot evening when Staff came together from both the Burwood & Balwyn site to celebrate Christmas together. We went Indonesian cuisine this year and opted for a Boodle Fight—where amazing food is laid on Banana Leaves. Unfortunately (or is that fortunately) I do not have any incriminating photos of our Karaoke night after the meal!!!



## The new Aged Care Quality Standards



Visit: [www.aacqa.gov.au/guidance](http://www.aacqa.gov.au/guidance)

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.

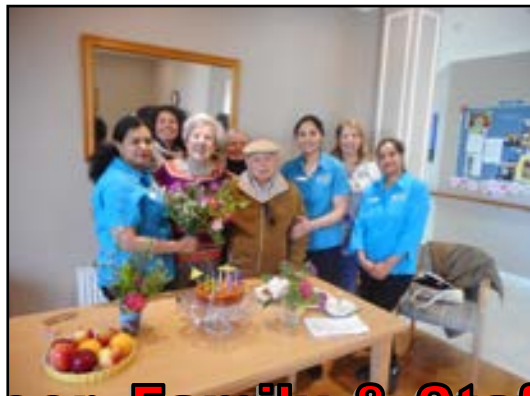
The structure of the standards allows quality assessors' assessment and monitoring processes to focus on consumer outcomes and consider evidence of the consumer's experience and the systems and processes that the organization



# HAPPY BIRTHDAY



**Mansoor, Family & Staff**



**Mary with Family**



**Pam Surrounded with Trinity Family**



**Jim Celebrates His Day With Us**



**Hardashan with Friends  
from Trinity**



# 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 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.



## 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 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.

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



## 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

5th February

2nd April

4th June

6th August

1st October

3rd December

Time is 10.30am, held in  
Jessie Lounge

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  
Trinity Manor**



### 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.

