



# TRINITY MANOR GREENSBOROUGH ISSUE 1 2021

## NEWSLETTER

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Melbourne's world-renowned  
street art scene



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TO  
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FACEBOOK PAGE!

## Site Manager Message:

Hello everyone,

I am thrilled to be working back at Trinity and have enjoyed a restful time with my family over the past 3 months. I shall be introducing myself to some new faces at Trinity and enjoying spending time with everyone I already know and love.

This year has certainly seen several lockdowns across the country and particularly affected us in Melbourne. It has been rather sombre for many people especially for those in aged care unable to see their family and friends due to the outbreaks.

I am excited though to start to see a light at the end of this dark tunnel and encourage everyone to be vaccinated against COVID. At Trinity we have been busy organising vaccinations of most elders and staff across the three sites. By the middle of September 2021, it will be mandatory for all staff working in aged care to have been vaccinated from COVID. This is a decision made by the Department of Health to protect all elders residing in Residential Aged Care Facilities.

We have two Clinical Care Coordinators (Selin and Azel) with exceptional clinical skills to lead the Clinical team at Trinity and I will be supporting them to ensure we have the best outcomes for all the elders at Trinity.

If you would like to discuss any areas of concern, or just to have a chat please don't hesitate to drop me a line.

Many Thanks Carolyn.



## STAFF TRAINING

**Lockdowns do not cease Staff Training, we have partnered with online Training Group HCA which ensures we continue to Train & Educate our Staff**

**We look forward in Training in areas such as (not the full list):**

- Hand Hygiene—Continual On site Training
- PPE Donning & Doffing - Continual On site Training
- Meeting Infection Control Requirements & Pandemic Prevention
- COVID-19 Safe in Residential Aged Care & Health Professionals
- Infection Control
- SIRS – Serious Incident Reporting Scheme
- Safe Manual Handling
- Elder Abuse and Compulsory Reporting
- Elders Rights and Advocacy
- Hearing Loss—Proper use of Hearing Aids
- Vision Loss in Aged Care
- Ceiling Hoist— Safe Use
- Engaging the Person In Meaningful Activities
- Dementia: Understanding and Responding to BPSD
- Skin Care and Wound Management
- Continence Management
- Clinical Assessment: Cardiopulmonary System
- Medication Administration Refresher & Competency
- Training on Risk Minimization, Documentation consistent with New Standards
- Fire Training / Warden Training
- International Dysphagia Diet Standardisation Initiative (IDDSI) /
- Food & Hydration





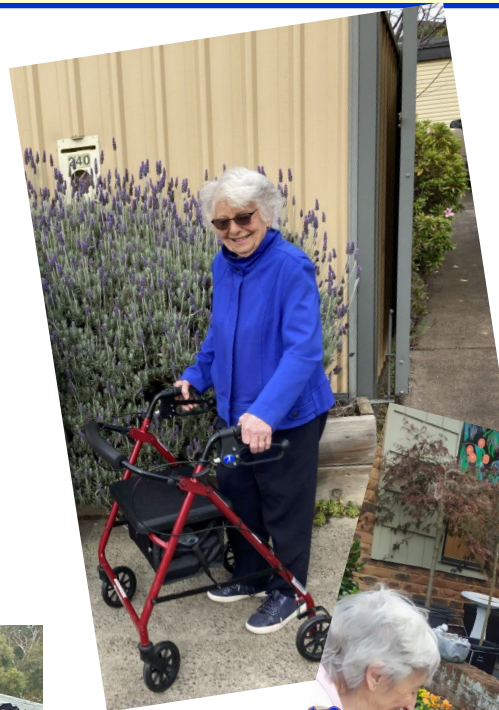


# Rhythm of Daily Life...



Lockdown, not in lockdown, lockdown, not in lockdown. It has been difficult for all, however the attitude of our Elders highlights that they are made of strong fortitude. We have been keeping busy and not letting the grass grow under any of our feet. Some of these photos are either pre/during lockdown and keeping everyone safe.

Getting out and about for our walks, looking at the lovely gardens around our suburb. We have been on some Bus Outings and if not able to visit venue's we take the Esky and have time spent in local park.







# Rhythm of Daily Life...

Its Beer O'Clock  
somewhere in  
the world!!



**Picnic At Westerfolds Park**



What better way to spend a cold afternoon than learning how to eat a Tim Tam with your favorite cuppa, Aussie style. Mmm some got the knack of it better than others!!







# Rhythm of Daily Life...



Who knew that our two gents were quite the dancers. Walking (dancing) down memory lane of listening to the Seekers and the Bandstand era. A fun afternoon!



**THANK YOU  
JOHN!**



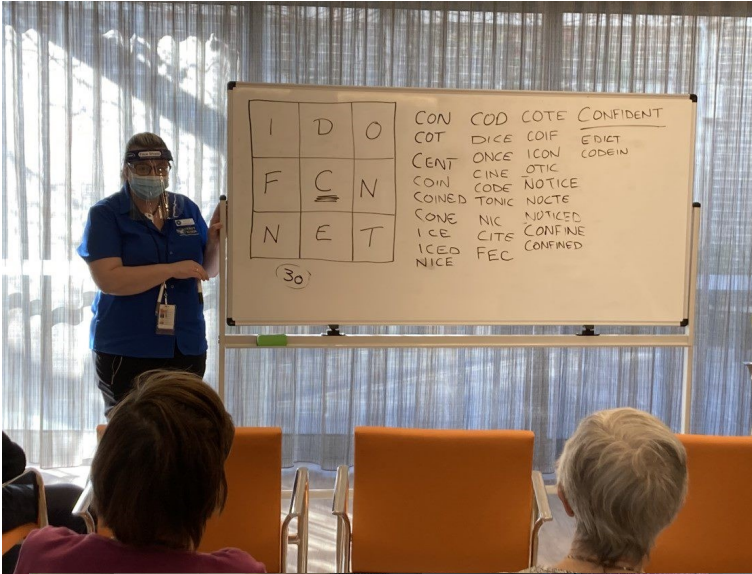
John is a wonderful support to the Lifestyle Team, always lending a helping hand, helping load the bus, setting up for an activity and even cleaning up after an activity or event. You are an integral part of our Team.







# Rhythm of Daily Life...



At a recent meeting with Elders; request made in introducing more mind activities. Hence 9 Letter Word search and Word from a Word has been implemented. We find we are getting better at it each time.



**Talented Keith, Maintenance Mgr showing us the Didgeridoo**







# Rhythm of Daily Life...



Recently spent an afternoon with group, going through Recipe's to seek some meals we may wish for our Chef John to put on the menu. Assured all we won't be doing the cooking.

Best comment of the afternoon:

*No Way I am Cooking—gave that up since living here!  
How Fabulous having my own Chef nowadays!!*

Thank you to the Knitting Group, making various items for charity.

WOOL NEEDED—  
12PLY

We are after more wool for our creations. Should you have any to donate please drop off at Reception for our Knitting Group.







# Rhythm of Daily Life...



Puppets Alive visited us and we spent an afternoon with Stephen, the puppet master. Stephen has over 20 years of experience in Puppetry. This interactive show brought lots of laughter and interaction, which some puppets we swear took on a life of its own!







# Rhythm of Daily Life...



The Men's Shed is proving popular with our handy gents. Men's Sheds play an important role in providing men with a place to connect.

We thank family members who have helped out in the past and seek a regular helper for this program. Interested?

Please speak to Jessie or Nicole on how you can assist with this program.





# *A Fond Farewell*

There was laughter as we held a Farewell party and reminisced of the past almost 8 years of Josh working at Trinity Manor. Josh applied all those years ago for a Cleaners position, however we saw something more and he was snaffled to join the Lifestyle Division bringing Therapeutic Activities to all. When Greensborough opened it was a natural to promote Josh to Lifestyle Co-ordinator where he has done an amazing job. He certainly has left us with an incredible legacy to build upon.

As they say all good things at times comes to pass and it was with sadness for all that Josh is now on a new adventure in his career as an Artist and Leadership Coach in Schools. We will miss him but also are thrilled for him.

We will soon welcome a new Co-ordinator into the family community at Greensborough.



# Olympics Word search

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

ARCHERY  
KARATE  
RUNNING  
BOXING  
SWIMMING

GYMNASTICS  
DIVING  
JAVELIN  
ROWING  
FENCING

FOOTBALL  
SAILING  
WEIGHTLIFTING  
CYCLING  
SHOOTING





# \*Volunteers Wanted\*

Join us on the Bus with Elders & Lifestyle trips, Men's Shed program, general support in Activities. If you would be willing to help out, please let reception know and Jessie in Lifestyle will talk further for a non-committal chat.

## 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.

## BOOKING OF CAFÉ WESTBURY

Reminded that Trinity Manor will follow the Victorian

Government & Department of Health Guidelines laws regarding

Family gatherings in a bid to protect Elders.

## VISITORS

### Updated Visiting Days & Hours

You Are Reminded that you will need to make a booking.

Bookings are available for visits Monday to Friday between the hours of 10.00am and 2.30pm, and alternating Saturdays and Sundays 10.30am to 12.00pm.

Please refer to your emailed letter for booking instructions



## ELDERS & RELATIVES

### MEETINGS

#### TUESDAYS

**Time is 10.30am, held in  
Neighborhood areas**

- \* 14th April
- \* 16th June
- \* 18th August
- \* 20th October
- \* 15th December
- 

## FLU VACCINE

### HAVE YOU HAD YOURS?

Our Elders are susceptible to the flue due to health reasons & in some cases medications that can reduce their immune system.

Department of Health  
Announcement:

From 1 May 2020, all aged care workers and visitors must have been vaccinated against seasonal influenza to enter an aged care facility.

Trinity will request that all visitors produce a copy of their Flu Vaccination in accordance with Dpt of Health Policy.

## 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.**

### **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.

**Another reminder, please  
check with us for any mail  
that may have arrived.**

**We love to see relatives and  
visitors join Elders for a meal.**

**However, a reminder for you—  
please remember that we re-  
quire you to order your meal a  
minimum of 2 hours prior to a  
Lunch or Dinner Meal and col-  
lect 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 disap-  
pointment.**

**Please help us to enable you  
to have an enjoyable meal at**

Blooms Pharmacy is the  
Pharmacy Group who  
supplies all medications .

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the friendly staff on

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