



# TRINITY MANOR BALWYN

## NEWSLETTER

### FEBRUARY 2020

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Cliff with his daughter Bev and  
Kirandeep having fun  
At our Elvis Tribute Luncheon



*Here we come 2020!*

*What a great start to the year with Elvis joining us in January and providing a great concert with lots of fun. Stay tuned as there is a lot more planned by Jessie and the LifeStyle Team.*

*Renovations are well underway and we look forward to talking to Elders and Representatives regards the next phase. Garden Court will be opening in March and the next area for renovation is Victoria Community. Jasmine, Cassandra and I will commence discussions and calling on those who need to be help us with the next phase.*

*Just a reminder that personal mobility aids do need regular checks and repairs. Trinity Care offers basic review and maintenance. If any mobility aids need specialist attention, the Elder and Family are requested to arrange this with the supplier of the aid. We will help to ensuring the Elder concerned is assisted during the time it takes for servicing and repairs to be undertaken. Please let us know so we can assist.*

*A big thank you to those who assisted Elders to fill in the Survey for Aged Care Standard 2: Assessing and Planning. The results will be corelated over the next week. A report will be placed on the Notice Boards in each Community. The results will advise the service on where improvements need to be made, where Elders are satisfied and guide us in the direction of the Continuous Quality Improvement program.*

*The New Aged Care Standards were released last year. An overall review and assessment of the home took place last year with input from some Elders and Representatives. This year we will progressively work through each standard, one at a time, to gain a stronger response rate from the community members and a deeper review of the service provision in each standard. We will work through the Care and Lifestyle Standards first, moving to the environmental and organizational later in the year. I look forward to your continued support in reviewing the service through these surveys and also encourage you to use the Improvement Forms located in the Foyer.*

*Keep an eye out for the Annual Report 2019 which will be posted on the Community Pin-boards in early February.*

*Happy February, please remember SunSmart and hydration needs if you are escorting Elders to go out in the coming warm days.*

*Wendy Calder*

*Site Manager*



Weekly Social Calendar is Available For Viewing Via Trinity Manor Website

[www.trinitycare.com.au](http://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

## Highlight of Special Activities For FEBRUARY 2020

Monday 3rd	Omega Potts, Music Therapist —1.30pm—1st Floor
Wednesday 5th	Bus Outing to see String Quartet in Chadstone— Boarding Bus at 10.00am
Wednesday 5th	Bingo & Mental Aerobics (each Wednesday) with Pam & Chris (Volunteers) - 1.30—2.45pm—Reflection Room
Wednesday 5th	Catholic Communion with Elena —3.30pm—Reflection Room
Friday 7th	Knit n Natter Group returns for 2020 —Reflection Room—1.30pm
<b>Tuesday 11th</b>	<b>Elders &amp; Relatives Meeting—Reflection Room—10.45am</b>
Thursday 13th	Coffee & Conversation with Kath returns—Royal Lounge— 1.30pm
Friday 14th	Valentines Day Lunch + Entertainment—12.00—2.00pm <i>(Suitable for Elders who enjoy a busy &amp; loud environment)</i> - Family & Friends welcome to join for lunch—please book in
Monday 17th	Omega Potts, Music Therapist —1.30pm—1st Floor
Wednesday 18th	Catholic Communion with Elena —3.30pm—Reflection Room
Wednesday 18th	News & Views Discussion Group—1.30pm—Reflection Room
Thursday 20th	Classical Music Appreciation returns—1.30pm—Reflection Room
Friday 21st	Knit n Natter Group returns for 2020 —Reflection Room—1.30pm
Monday 24th	High Tea with Cinzia—Chocolate Appreciation with Tastings—2.00pm

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FEBRUARY Training 2020 (*Elders & Volunteers welcome to Attend—Speak to Jessie for Inclusion in Training schedule*):

- ◆ Falls Prevention Management:
- ◆ Infection Control: The Basic Principles
- ◆ Elder Abuse, Missing Persons and Compulsory Reporting
- ◆ Workplace Bullying & Harassment
- ◆ Trinity Manor's Vision, Mission & Values
- ◆ Hoist machine and lifting principles
- ◆ Safe Manual Handling
- ◆ Elder Advocacy & Resident's Rights
- ◆ International Dysphagia Diet Standardisation Initiative (IDDSI)
- ◆ Fire Emergency Procedures and Drill
- ◆ Emergency Codes and Procedures
- ◆ Chemical Handling
- ◆ Contenance Management



# HAPPY BIRTHDAY ELVIS

January 8, 1935



Rock and Role was the them for a 1st for all of us at Trinity. Several people had mentioned they wished to have an Elvis tribute organised. We in Lifestyle aim to please—a special Luncheon with Elvis entertaining us. A lot of laughs, singing and dancing to music we know so well and posing in a Pink Cadillac was a lot of fun.



Oh Dear Marianna! Having fun with her son Sebastian!





The Bobsy Twins!



# TRINITY TENNIS

## AUSTRALIAN OPEN 2020

A hard fought battle in the most friendly way took place at Trinity. Our Annual Tennis Open. In the end there could only be one winner—a battle fought out between Maria and Merle—M & M's—with Merle lifting the Winners Trophy and Maria in second place. Both showed true sportsman ship. Well done to all who battled it out



The ladies  
signing their  
trophies





## **Fran Young** **Resident Beauty Therapist** **at Trinity**

**Why we think our Beauty Therapy Services are important to our Elders living at Trinity Manor.**

Fran has been an integral contributor to our Extra Services Program for the past 4 years.

Fran has 30 years experience as a qualified Beauty Therapist and Lecturer in her field. Her passion lies with Seniors both women and men. Fran feels passionately that senior women continue to have a need to look and feel presentable and special, focusing on quality individual time with people.

*Indulging in a little “Girlie Time” will promote feelings of importance and self esteem.*

Fran’s Services Include:

- \* Pedicure with a soothing leg and foot massage
- \* Relaxation neck & shoulder massage to relieve aches, pains, stiffness and induce deep sleep.
- \* Mini Facial to increase & stimulate blood circulation plus a sense of calm
- \* Pampering Manicure to promote and maintain healthy nails
- \* Facial waxing creates smooth skin & promotes a dignified appearance

Men’s maintenance is just as important for their self esteem:

- \* Eyebrow Tidy, Ear & Nose Hair Trim along with Hands & Nail Tidy—a treat for the Man in your Life!

Wondering what present to give? Why not think of one of Fran’s services to give your loved one.

Fran visits fortnightly, if you would like more information, please speak to Reception or we can organize for you to speak to Fran directly.



# Rhythm of Daily Life...

## WELCOME

Introducing our new Cleaning Team at Trinity.

We are proud to have Tejo, Bipin, Kriss and Matthew on board.

Introduce yourselves to them, they are a friendly group.



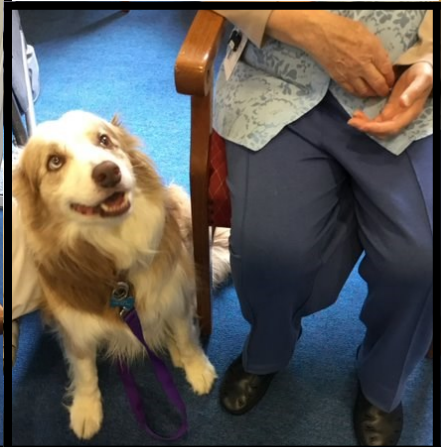
Did you know that January is Hot Tea Month? We had a lovely afternoon learning about the history of tea which included tasting various Tea and discussing their health benefits.







# Rhythm of Daily Life...



Amy one of our wonderful Volunteers with Nan, bringing her fur babies in for us to cuddle.



A big thank you to Doris who helps with folding our napkins.

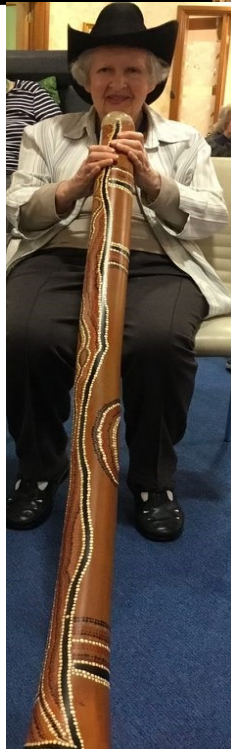


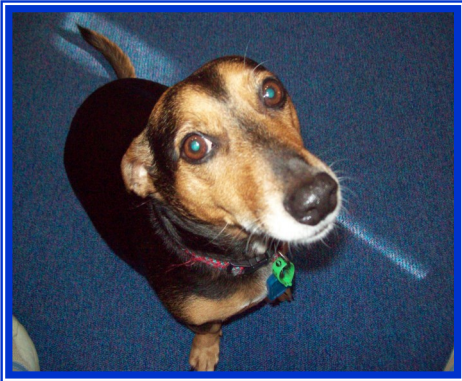
Margery and Nan with other Elders have been enjoying the benefits of putting together Jigsaws. If anyone has the large sized Jigsaws that needs a new home please let us know!



# Rhythm of Daily Life...

## Our Australia Day Celebrations with Coxy, The Australian Cowboy





# Carl's Comic Corner

WANTED: JOKES & PET STORIES TO ADD TO MY PAGE

Email: *to my human assistant*—Jessie from Lifestyle  
[jessiebainbridge@trinitymanor.com.au](mailto:jessiebainbridge@trinitymanor.com.au)

## To All My Dear Friends,

Be careful about drink driving as Police are out there checking on people.

Last night I was out for a few drinks. One thing lead to another and I had a few too many cocktails and then went onto the wine. Not a good idea.

Knowing I was over the limit, I decided to leave my car at the pub and took a bus home.

Sure enough, I passed a police checkpoint, where they were pulling over drivers and performing breathalyzer tests.

Because I was in a bus they just waved it past.

I arrived home safely and without incident, which was a real surprise as I've never driven a bus before and I am not even sure where I got it from!

=====

A Truck loaded with Vicks Vapor rub overturned on the Freeway;

Amazingly, there was no congestion for eight hours!

=====



A guy was admitted to hospital with 8 plastic horses in his stomach.

His condition is now stable.



# HAPPY BIRTHDAY



Warm Birthday Wishes to the Following Elders in the  
Month of February 2020

Merle C	1st	Marjorie L	10th ( <i>Turning 102 years young</i> )
June M.	17th	Stuart W.	17th



HAPPY BIRTHDAY TO ALL OUR  
WONDERFUL ELDERS!

# 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.

## 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 Reception who will be able to organize one to be either e-mailed or collected.

## **VISITORS ELECTRONIC SIGN IN**

### **LOCATED AT RECEPTION**

Visitors are reminded that **ALL** visitors need to sign on your way **IN and OUT** of the Not only will this enable us to account for everyone in the home in case of an emergency, such as fire, but it is an OH&S requirement.



## 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

**10th December**

**Time is 10.45am, 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.**

Blooms Pharmacy the group that supplies all medications.

Location:

108 Lower Plenty Road,  
ROSANNA

For Queries Contact:

Ph: 03 9458 1912

E: [rosanna@blooms.net.au](mailto:rosanna@blooms.net.au)

## 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.

**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**

## 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 need to be signed out whenever they leave the home 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.



## 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 has in place to support the provision of safe and quality care and services.