



TRINITY MANOR BALWYN

NEWSLETTER

FEBRUARY 2019

Lifestyle Team Message	2
Special Events & Staff	3
Training for February	
Trinity Tennis Tournament	4
High Tea—Summer Days	5
Australian Wildlife Displays	6-7
Rhythm of Daily Life	8-9
Carl's Comic Corner	10
Birthdays	11
Housekeeping Info	12-13
Snapshot of New Aged Care Quality Standards	14



Birthday Celebrations In Café Westbury

for

Blanka

Surrounded by Her Family



MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

We have had a few severe hot days and we hope everyone is remembering to stay hydrated.

This is very important as we get older. We help our Elders stay hydrated by encouraging extra sips of fluids, over various times of the day with a glass of water, cordial or lemonade. Offering other ways to hydrate with Icy Poles and Gelati Cups.

If you haven't gotten your Booking for Valentine's Day in please do so by 7th February for a fabulous special lunch and listen to Paul Gillett who will entertain us.

27th February have engaged Kylie, the Ukulele Lady and keen to see her performance, come along and join us.

We look forward to our Volunteers back again with open arms. Kheng visits over the weekend providing individual visits, so too does Anna during the week on a Wednesday. Ann K. assists us each Wednesday during Hairdressing appointments, then we have Chris who hosts activities, Janine who hosts our Carpet Bowls and Gabby who in assists our High Tea.

Back from Holidays are our Knitting Volunteers—Joan, June & Betty; Peta with Classical Music Appreciation and Kath C who hosts Coffee & Conversations; Kath P will be back to run our Football Tipping Competition for 2019. Dave had a short break and drives the bus on Thursdays a couple of times per month for us.

We are looking forward to Bev when she is back from New York. Her choir were invited to sing at Carnegie Hall in New York!!!! What an experience and we cannot wait to hear all about it.

Did you know that Volunteering help you feel part of a community. It helps you feel better about yourself by improving self-esteem and confidence. It has the ability to share your skills, learn new skills and create a better work-life balance plus help combat stress, loneliness, social isolation and depression.

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.

As always we welcome Family & Elder input in new Activities we could introduce in 2019. We love feedback and suggestions! **We hope you enjoy the February newsletter.**

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team;

Josh, Cinzia & Daniel



Highlight of Special Activities & List of Training For FEBRUARY

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

FRIDAY 1ST Knit n Natter are back for 2019 —2.00PM
MONDAY 4TH Music Therapy with Omega Potts — 1.30PM—1ST FLOOR LOUNGE
MONDAY 4TH FRAN—Beauty Therapist Visits
THURSDAY 7TH Full Day Bus Outing to Williamstown
FRIDAY 8TH Peter—Leather Workshop —2.00PM—REFLECTION ROOM
WEDNESDAY 13TH Catholic Communion with Elena —3.00PM—REFLECTION ROOM

THURSDAY 14TH VALENTINE'S DAY LUNCHEON WITH CROONER PAUL GILLETT—12.00N

TUESDAY 19TH FRAN—Beauty Therapist Visits
THURSDAY 21ST Classical Music Appreciation with Peta (Volunteer) - 1.30PM
Reflection Room
MONDAY 25TH High Tea with Cinzia, Chris & Gabby (Volunteers) — 2.00-3.00pm-
Reflection Room
WEDNESDAY 27TH Kylie—The Ukulele Lady —1.30PM—Lower Ground Floor
WEDNESDAY 27TH Catholic Communion with Elena —3.00PM—REFLECTION ROOM

STAFF TRAINING

- ◆ Infection Control—The Basic Principles
- ◆ Elder Abuse, Missing Persons & Compulsory Reporting
- ◆ Workplace Bullying & Harassment
- ◆ Hoist Machine & Lifting Principles
- ◆ Manual Handling
- ◆ Stroke Management
- ◆ Nutrition/Hydration
- ◆ Fire Emergency Procedures & Drill
- ◆ Emergency Codes & Procedures
- ◆ Chemical Handling
- ◆ Continence Management
- ◆ Trinity Manor's Vision, Mission & Values

Trinity Tennis Open

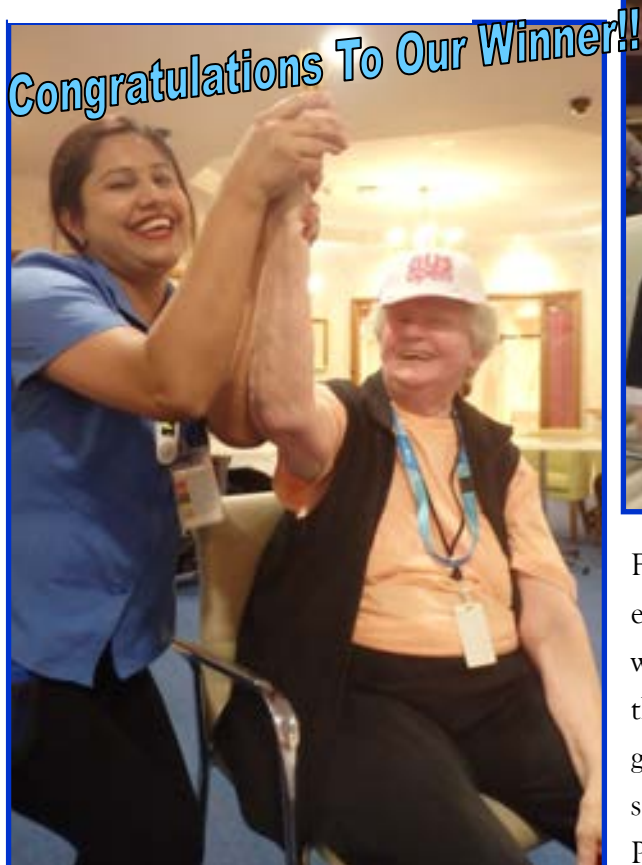
Elders gathered in great spirits for our version of Tennis Finals at Centre Court Arena. With our own rules adjudicated by our Volunteer Janine, it was a recipe for a lot of fun and laughter. With our top seeds battling it out and our audience on the sidelines revving our players up, the atmosphere created by our all was magical.



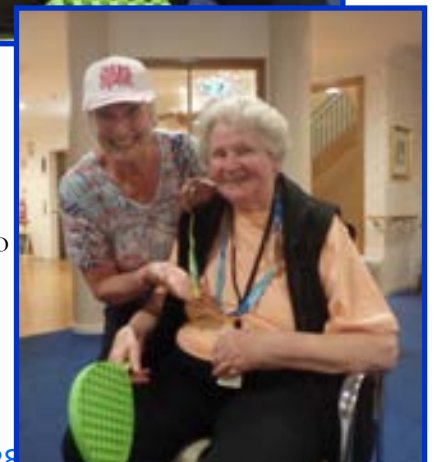
Marianna who was a good sport in being one of our Tennis Players. After a fought out rally she was Seeded in the top 6 players, however she lost her round.



Cliff lost his Quarter Finals berth to Maria, but showed true sportsmanship. Even our Ref (Janine in the White Hat) congratulated him, so did his opponent Maria



Finals!!! It was a long and exhausted battle fought out with true style and grace. In the end Maria was unable to get across the line, coming second in the Finals with Pam hailed as the winner.





HIGH TEA

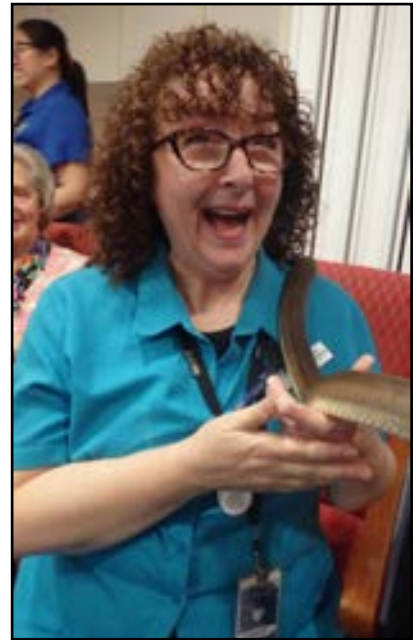
First High Tea with a Summer Theme for 2019. A wonderful way to reminisce of Summers past, looking back on how Bathers looked across the ages. Huge thank you to our 2 Volunteers—Chris & Gabby. Chris brought her grandson Luca along too!



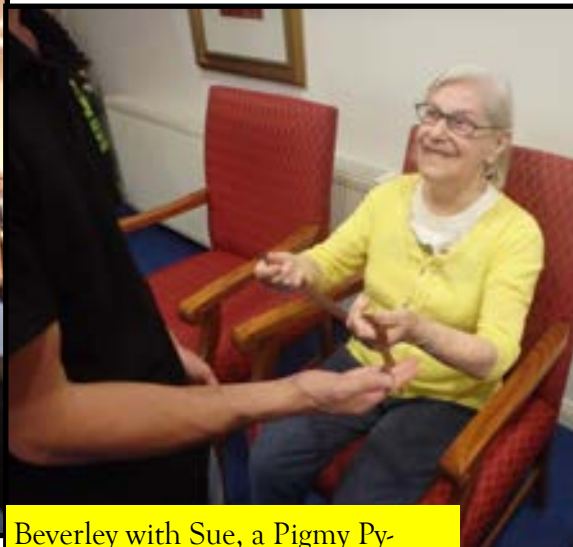


An amazing array of Australian Reptiles and Animals were on show for our Australia Day celebrations.

Vince gave us further information on the Reptiles, where they are from within Australia, their Habitat and further interesting information. Then onto Ally, Peeky and Splash



Sandy, Merle and Cinzia with Bruce the Python, even our Staff thought him to be handsome, he was quite the popular fella. Bruce is about 15 years old with Pythons living until their around 25 years of age.



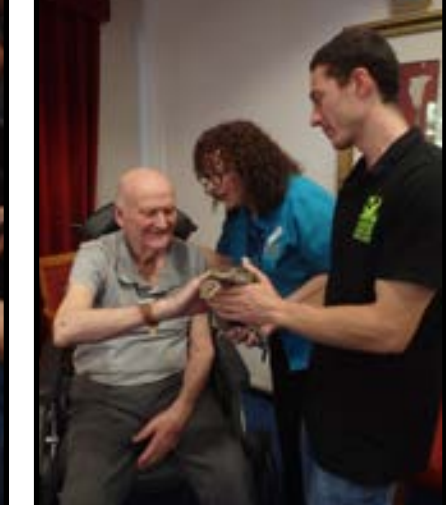
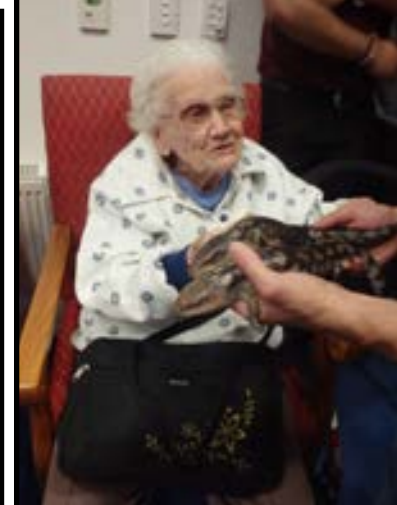
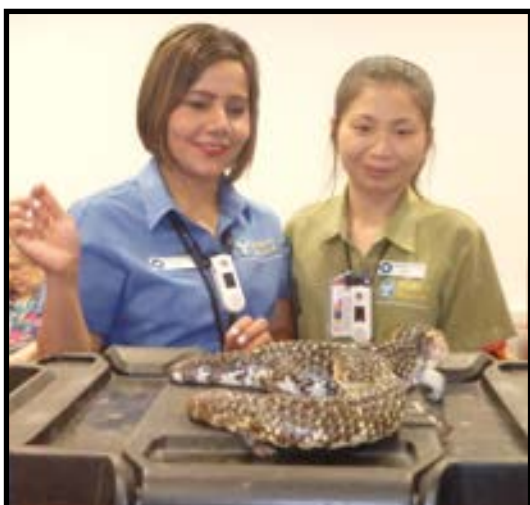
Beverley with Sue, a Pigmy Python, who is the smallest Python in the world.



Kim with our Blue Tongue Lizard -



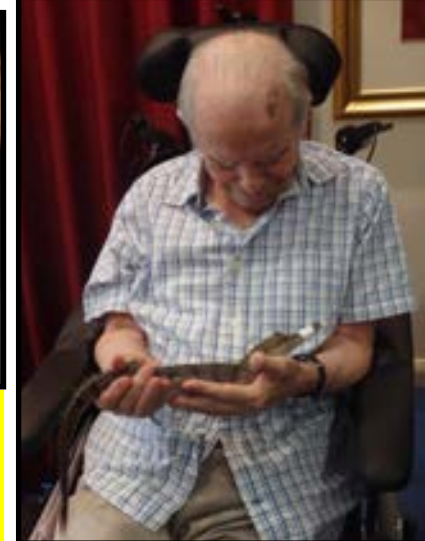
Of course we couldn't leave without a cuddle from Lucy, a Murray Darling Carpet Python. She had exist markings and a very affectionate girl.



Yam & Kim, Doris and Alan—all enjoyed meeting the girls—Goldy & Missy. Both are Blue Tongue Skinks. Blue Tongued Lizards are welcome pest controllers in Australian Gardens.



Also visiting us were Ally the Wombat (still growing & "only" 20kg); Peeky the Sugar Glider and Splash the Freshwater Croc

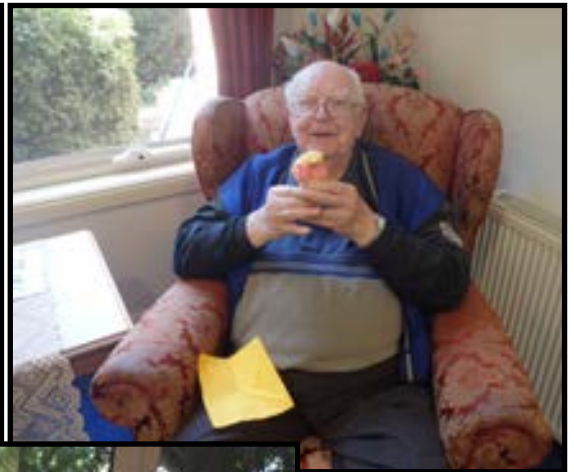




Rhythm of Daily Life...



During the hot weather we have been enjoying Icy Poles and for a treat Gelati's Helen, Sandy and Kay enjoy the Lemon Flavour



Enjoying Gelati's at High Tea

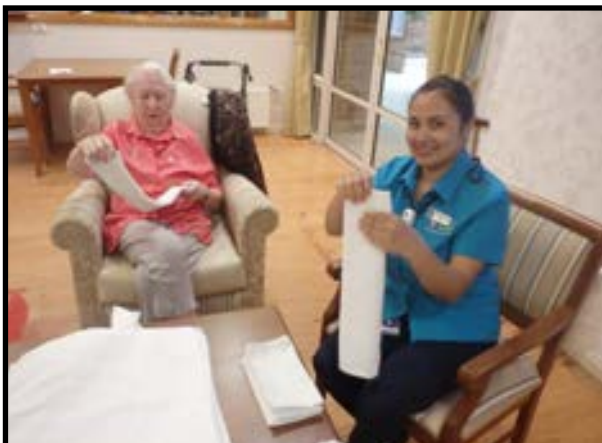




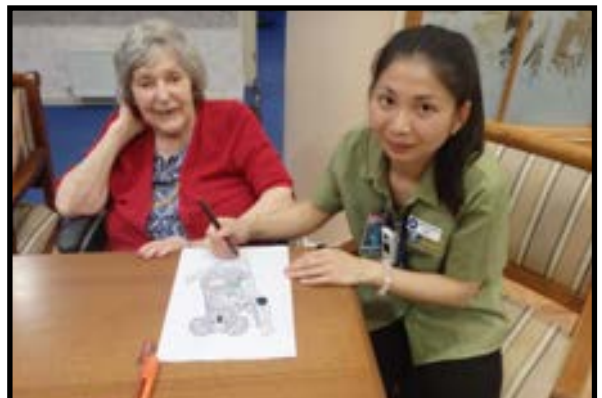
Rhythm of Daily Life...



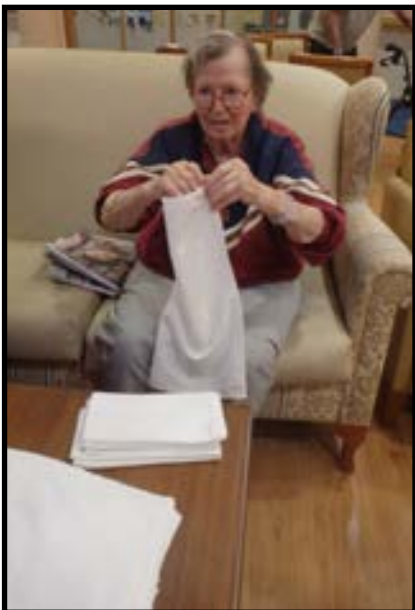
A great Afternoon Tea at Zint in Surrey Hills, Shirley's sons surprised her by joining us.



Helen & Margaret help us fold the many Napkins we use .



June & Kim enjoy some time together using Art as Therapy



Stuart's many colorful and vibrant socks is a cause for many conversations.

Here he is with one of his favorite pair depicting Sloths.





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

**HAPPY
AUSTRALIA
DAY!**

An AUSSIE GENTLEMAN

G'day mate
Pleased to make your acquaintance.

He's blotto
Inebriated beyond the capacity to stand up.

You little ripper!
Words of praise fail me.

Rack off
Your presence is no longer required.

Fair dinkum
Of course I'm telling the truth.

Pull ya head in
You may be correct in your assertion but shut up.

Wanna rage?
Would you like to drink large amounts of alcohol with me until we both drop?

You drongo
A rather dimwitted person.



Your shout
If you value your well being you should buy the next drink.

Go on
I'm not entirely convinced you know what you're talking about.

Whadayawant?
Might I enquire about your needs?

Have a chunder
The delicate act of regurgitation.

You pong
Dear me, we do smell don't we.

Bloody oath!
I'm in total agreement with you.

Howya going?
May I enquire about your welfare?

Give it a go ya mug!
Are you perhaps incapable of performing this act?



HAPPY BIRTHDAY



Warm Birthday Wishes to the Following Elders in the Month of February 2019

Merle C.	1st	Barbara S.	8th
Marjorie L.	10th (101 Yrs Young)	June M.	17th
Stuart W.	17th	John D.	23rd



Shirley with Chef, Matt



Marj with Cinzia



Dave Celebrating his Birthday.



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 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.



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

12th February

9th April

11th June

13th August

8th October

10th December

Time is 10.30am, 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.

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

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 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.



The new Aged Care Quality Standards



Visit: 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.

