



TRINITY MANOR BALWYN

NEWSLETTER

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*May this new year be a joyful ride
for you and your family.
Here's wishing you best year ahead.
Happy New Year!*



Happy Festive Season.

Hoping everyone has had a happy and healthy period and looking forward to 2020.

As you can see in this Newsletter Celebrations were enjoyed by Elders and Representatives. Meals, entertainment and music! It's great to see so many Elders enjoying the festivities.

The Lifestyle Team have been busy preparing the Activity Plans for 2020, now is a great time to recommend any activities. Please fill in an Improvement Form located at Reception. We love to hear suggestions and ways to improve the experience of the Elders living here.

Thank you all for your patience in the inconvenience caused with the ongoing renovations in Garden Court. Progress before Christmas was excellent. As soon as we know an expected reopening date in a few months time, we will let everyone know.

The warmer weather has certainly hit Melbourne in late December with some of the hottest days recorded. For those who visit the First Floor, you will have noticed the new large air-conditioner on the wall in the lounge adjacent the Royal Wing. This was installed after review of the power outage that occurred in Jan 2019. On this occasion after 2 hours on generator back up, the First Floor was starting to warm up. This lovely new air con is connected to the generator so in the event power is lost in the summer the Elders will remain comfortable through out.

Thank you also for the Elders and Representatives that took the opportunity to give feedback on the Summer Menu. The data has been consolidated and is now being reviewed by the Chef and Catering Department. We expect some modifications to the menu in the coming weeks to blend your recommendations into the current menu. Thank you for taking the time to provide feedback.

Over the coming months we will be asking Elders and Representatives to assist us by participating in surveys. These surveys provide feedback that is incorporated in the services and care we provide and in line with the Government recommendations for Aged Care. The questions are in line with the new Aged Care Standards that come into effect on July 1st 2019. I encourage you to take part and let us know how you think we are going and how we can improve.

Enjoy the celebrations and see you in the
New Year.

Wendy Calder
Site Manager



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

Highlight of Special Activities For JANUARY 2020

Monday 6th	Omega Potts, Music Therapist returns for 2020—1.30pm—1st Floor
Wednesday 8th	Mass with Father Jacob—3.30pm—Reflection Room
Friday 10th	Leather Workshop returns for 2020 —Reflection Room—1.30pm
Monday 13th	Trinity Manor Tennis Tournament—Lower Ground Floor —1.30pm
Thursday 16th	Elvis Birthday Celebrations—Lunch + Elvis WILL be in the House—12.00— 2.00pm (<i>Suitable for Elders who enjoy a busy & loud environment</i>) - Family & Friends welcome to join for lunch—please book in
Friday 24th	Entertainer—Ian Cox, the Singing Cowboy—Lower Ground Floor—1.30pm
Tuesday 28th	High Tea with Cinzia—Captain Cook's Voyage





Christmas was celebrated with a busy Luncheon and an Afternoon Tea offered to Elders who prefer a quieter time of things. Lovely to be able to cater for all, having family and friends join in always makes it extra special. Once again our valiant Volunteers made the day extra special for all on both days.



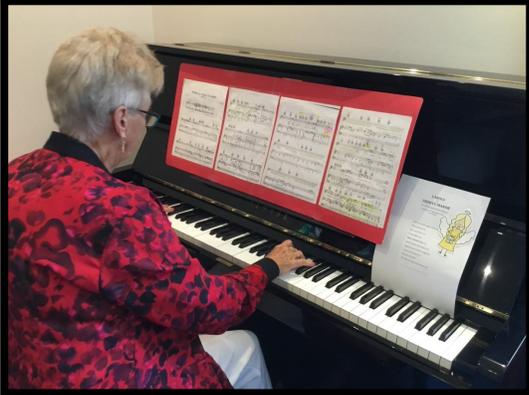






Rhythm of Daily Life...

Our friend from Waterford Valley Choir once again spent the afternoon with all in some Christmas Caroling.



Bus outing to relax and take in the lovely sunny weather with special afternoon tea taken in the Rotunda





Rhythm of Daily Life...



Final High Tea for the year.
Despite the very hot weather outside there is nothing like a cup of tea with delicious cakes to keep us going.





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

TO-DO LIST

PUT A PARTY HAT ON



LIVE 9 LIVES



FREE A BIRD



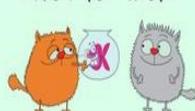
SHARE A COOKIE



WEAR STRIPES



MAKE A NEW FRIEND



DRAW A PICTURE



BE COOL



CHASE YOUR DREAMS



I was going to quit all my bad habits for the new year but then I remembered that nobody likes a quitter

Happy New Year!

NEW YEAR RESOLUTIONS:

1. EAT MORE STUFF THAT MAKES ME FEEL GOOD
2. CHASE THE BALL ONLY AFTER IT'S BEEN THROWN
3. ACHIEVE ADVANCED DEGREE IN COUNTER SURFING
4. EVEN THE SCORE WITH THE NEIGHBORHOOD SKUNKS
5. BE LESS SCARED OF VACCUUM CLEANERS AND BROOMS
6. REDUCE INGESTION OF CAT POOP TO ONCE MONTHLY
7. DEVOTE MORE TIME TO QUALITY NAPPING
8. SMELL EVERYTHING
9. RECOGNIZE THE DIFFERENCE BETWEEN FIRE HYDRANTS AND FURNITURE
10. SEND MORE HAPPY VIBES INTO THE UNIVERSE
11. TOLERATE FUNNY HATS MORE... OR NOT.



HAPPY BIRTHDAY



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

Shirley L 3rd

Ivan N.

12th

Marjorie H.

15th



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

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

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.