



TRINITY MANOR BALWYN

NEWSLETTER

CONTENT

From the Manager	2
Activities & Staff	3
Training	
Napalese Cultural Day	4
Yongala Kinder Visit	5
Football Finals Luncheon	6-7
Rhythm of Daily Life	10-12
Carl's Comic Corner	13
Birthdays	14
Housekeeping	15-16
Aged Care New Standards	17

OCTOBER 2019



*Spring
is here*



MESSAGE FROM WENDY—SITE MANAGER

Gosh I said it last time and it seems like we are almost there again with the end of Winter is getting closer.

I hope you are enjoying the freshness of the painted community areas, and for some rooms have been refreshed. This month and moving into October there will be renovations occurring in Room 110 on the first floor. This will be a Prototype room – a room to try a design and see what Elders, visitors and staff feel about the proposed look. Stay tuned for information as the time comes to opening the room for viewing.

I would like to thank all the staff involved with the exciting day when the Boulevard Dining Room was painted. Elders seemed to really enjoy the day. As they say a change is as good as a holiday and on the day the Elders on the First floor enjoyed having their lunch and dinner in the lounge area of the 1st Floor. The dining room now proudly supports it's new fresh feel. Thank you to all the Elders and visitors for participating in the day with a smile and positive approach.

As the sun comes out more often the staff will encourage Elders to spend a little time outdoors soaking up the rays and building up their Vitamin B levels. It is a good time to check Elders have a sun hat.

The Lifestyle team have already started to assist the Elders to enjoy the sun, the bus has been active heading out on drive arounds to local areas and a visit to Williamstown for fish and chips by the sea. I am sure everyone is looking forward to more outdoor activities in Spring. Thank you to the Lifestyle team for there continuous efforts to support the Elders.

Looking forward to a wonderful Spring.



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
- ◆ Suitable Activities offered in Garden Court in the Morning and Afternoons

Highlight of Special Activities & List of Training For OCTOBER

Friday 4th	Caitlin Noonan—Student Flutist — Everywhere 10.30—12.00n
Friday 4th	Music Students—Reflection Room—1.30pm
Tuesday 8th	Elders/Relatives Meeting—Reflection Room—10.40am
Tuesday 8th	Don Jones Vaudeville Act—Lower Ground Floor—1.30pm
Thursday 10th	Coffee & Conversation with Kath—Royal Lounge—2.00—3.30pm
Friday 11th	Leather Workshop with Peter—Reflection Room—2.00—3.30pm
Friday 11th	Genazzano Term 4 Intergenerational Program commences.
Tuesday 15th	Fran Beauty Therapist Visits
Wednesday 16th	Catholic Communion with Elena— Reflection room 3.30 - 4.00pm
Thursday 17th	Bus Outing to Yongala Kindergarten—10.00am—12.00n
Wednesday 23rd	Mass with Father Jacob - Reflection room 3.30-4.00pm
Thursday 24th	Classical Music with Peta—Reflection Room —1.45pm
Friday 27th	Knit n' Natter in the Reflection room 2.00-3.30pm
Monday 28th	High Tea with Cinzia & Volunteers in the Reflection room 1.30 - 3.00pm
Thursday 31st	Bus Outing to Canterbury Hotel with Cinzia & Andrew

STAFF TRAINING

- ◆ Dementia: Understanding & Responding to BPSD
- ◆ Fire Safety: The Basic Principles





Nepalese Cultural Day



On Friday the 16th of August, Trinity Manor celebrated “Nepalese Cultural Day”!

Some members of our Trinity Manor care team are from Nepal, and added a touch of culture by wearing a range of interesting and colorful costumes.

We danced, sang, and even had a traditional Nepalese sweet, thanks to our amazing kitchen staff!





A lot has been mentioned about the fabulous experimental program—Old People’s Home for 4 year old’s. Did you know that our Kindergarten Program has been going for 10 years! Yes we have known about the benefits of an intergenerational program for more than a decade. Some beautiful memories being built





We did it again—a fabulous Football Luncheon with our favorite Football singer—Brent Parlane. Elders, Family and Friends combined for a wonderful afternoon.





But of course we were all upstaged by our newest Volunteer recruit—Sienna—at 4 months she was the talk of the town!! Such a good baby she did not mind hobnobbing amongst all Elders. Thank you Jemma for coming in to help out with her.



Big congratulations to Betty who won the coveted Football tipping competition for 2019!

Of course we all wish to thank our Volunteers—Kath P who tirelessly ran the Footy Tipping Comp for 2019; Kath C—always up for some fun but looks after everyone well with their drinks selection and Janine, helping out with serving of food and keeping everyone on their toes.





Rhythm of Daily Life...

Welcoming the visit of the Christian Youth Group who visit by monthly each Sunday for prayers, hymn singing and spending time with one another



Jessie brought her granddaughter Anouk in for the occasion. She took a shine to Maria's walker & had a lovely time with her adopted Nonna !





Rhythm of Daily Life...



Recently we invited Boroondara Police to sit & have afternoon tea with Elders. Leading Senior Constable Elizabeth Sinclair visited us. Elizabeth was engaging and gave us an insightful look into how Policing has changed from when she commenced 25 years ago to this day and age. We talked and reminisced about many things with Elizabeth explaining Scams, and what to other important subjects.

Our Elders and people living in a support environment need that connection to their community, it's important for people to maintain an active sense of community. Access to frequent social involvement and lifestyle activities is generally considered extremely beneficial for those of all ages, but is perhaps enhanced for our mature aged people.



Rhythm of Daily Life...



Keeping busy .



Friends from Box Hill U3A Choir came to visit.





Rhythm of Daily Life...



The amazing Dawn Quick & her Y Entertainers never disappoints & at 80+ years young it is hard to slow this amazing woman down. Did you know that Dawn and her group featured large at the recent Embolden festival, an annual event challenging ageism and building respect for older people.



Marjorie's gorgeous Great Granddaughter came to visit as a Gumnut baby for Book Week. Quite adorable!!



Mike Edwards Entertains us & had us up dancing & of course singing!





Rhythm of Daily Life...



Classical Music hosted by Volunteer Peta coincided with her brother Ian's Birthday. The day was made even more special with Bernie involved in singing on the day



Once again Cinzia's High Tea never disappoints. The theme was everything Old is New Again.

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

You're never too old to begin again, to learn something each day, and to create yourself a happy ending.



To make a difference in someone's life you don't have to be brilliant, rich, beautiful or perfect. You just have to care.

~ Mandy Hale ~



BE GOOD TO PEOPLE.
YOU WILL BE REMEMBERED MORE FOR YOUR KINDNESS THAN ANY LEVEL OF SUCCESS YOU COULD POSSIBLY ATTAIN.



Those who say it can't be done should not interrupt the ones doing it.

HAPPY BIRTHDAY



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



Elders celebrating
their birthday
with a little help
from staff!



Betty M. turned 90 years young, and organized a large celebration with family and invited her friends who live at Trinity Manor to join in with the festivities.

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

**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.