



TRINITY MANOR BURWOOD NEWSLETTER ISSUE 2 2020

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ROYAL BOTANIC GARDENS

Picture of Melbourne Garden

Established in 1846, the gardens encompass two locations: Melbourne and Cranbourne. The Melbourne Gardens cover an area of 38 hectares with more than 8,500 species of plants, including many rare specimens.



MESSAGE FROM Monica—Site Manager

To all our family and friends, welcome everyone to our new world.

I cannot say how overwhelmed I have been with understanding, assistance and dedication by all of our community over the past weeks. The speed in which we have all had to rapidly learn and come to terms with our current new normal has been unimaginable.

I want to say thank you to every one of you from the bottom of my heart as we aim to protect our environment and those who live in Trinity Manor.

How delightful this edition is with all the wonderful activities the Lifestyle team have undertaken been able to assist our Elders to enjoy. It is just beautiful to see all the joy and love in these photo's.

There is nothing like a challenge to inspire creativity. Please be assured the new look lifestyle program will march on, full of new ways of socialising and having the best day possible.

The team at Trinity Manor have adapted to the changes to ensure Elders are able to continue socialising in their communities. The team has implemented the use of Zoom, which is a video communications application and a free app to download. It is a reliable platform to be able to chat with your loved one and see them. Zoom works on various platforms ie Mobile Devices, Desktops and iPADS. Staff will be on hand to help people out. A letter will be emailed to you in how to book yourself in for a video face to face chat.

In this time of protecting our Elders, the Lifestyle team are promoting writing letters to your family member, the team would prefer that you email letters to Jessie, Lifestyle Manager at jessiebainbridge@trinitymanor.com.au – Here are just a few of the joys and benefits that come from letter writing: Show you care, Elders realize that it takes time and effort to write a letter; they create memories, can calm minds and can help you too.

Trinity's primary focus is to keep people safe we know that older people are at risk of contracting coronavirus and having a serious illness as a result.

We appreciate everyone's understanding and look forward to working together to continue to protect the Trinity Manor environment and offer the best opportunities possible.

Wishing everyone a very healthy and Happy Easter.

Kind regards

Monica G



Staff
March & April Training
2020

- Infection Prevention and Control and Antimicrobial Stewardship
- Looking after your back
- Falls Prevention: Implementing a Falls Prevention Program
- Resolving Confrontational Situations
- Hand Washing
- COVID-19—Infection Control Training/Personal Safety/COVID-19 & Aged Care/ Laundry/Catering
- Use of PPE—Personal Protection Equipment
- Open Disclosure
- Caring for a Person With Respiratory Issues
- Providing 5 Star Customer Service

Training is a never-ending cycle, why continual training?

- ⇒ Improved employee performance
- ⇒ Improved employee satisfaction and morale
- ⇒ A training program strengthen skills that each employee requires
- ⇒ Consistency - A robust training and development program ensures that employees have a consistent experience and background knowledge.
- ⇒ Increased productivity and adherence to quality standards



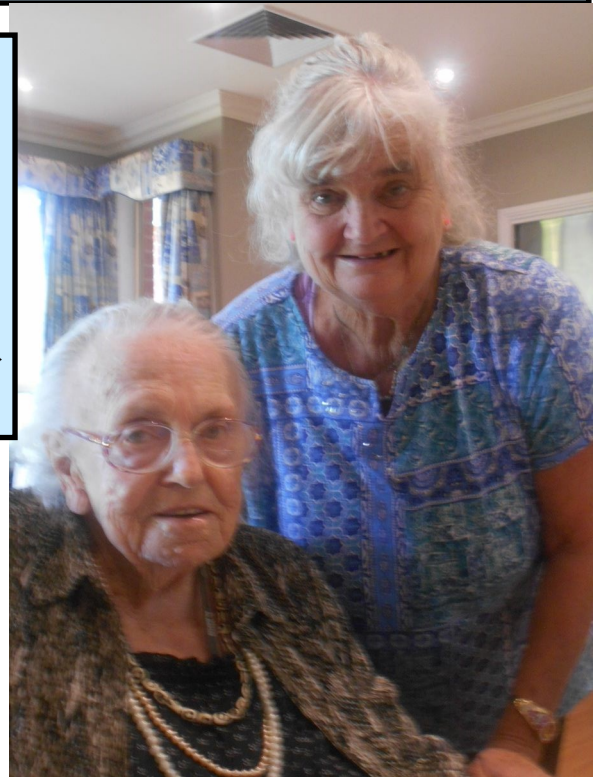


Rhythm of Daily Life...

All Elders wish to let everyone know that even though we may miss you being here that we are being well cared for. We are still involved in mini activities that is offered and spending time with all staff too. Thank you for thinking of us and our health.



In February, Sue visited us to say hello. Lovely to see her smiling face.



Julie is visited by her fur baby.

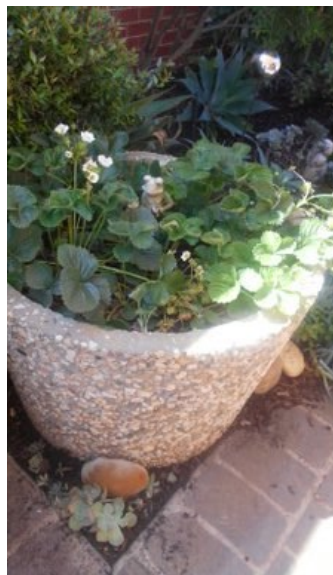
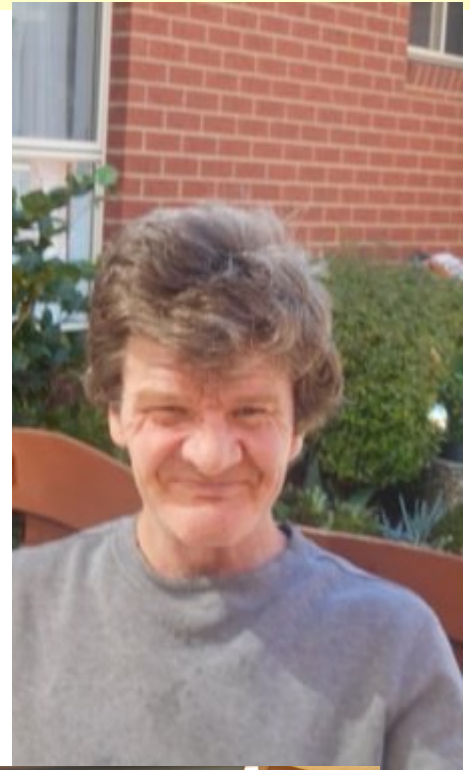




Rhythm of Daily Life...



We are still enjoying sitting out in our courtyard, the afternoons have been lovely and we at times have our afternoon tea here too.





Rhythm of Daily Life...



We had fun with Polka Dot week and celebrated St Pat's day with going green!



House Pets Word Search

Can you find the names of these common and unusual pets?

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

- BUDGIE
- CANARY
- CAT
- COCKATIEL
- FERRET
- FINCH
- FISH
- FROG
- GERBIL
- GOLDFISH
- GUINEAPIG
- GUPPY
- HAMSTER
- IGUANA
- LAPDOG
- LIZARD
- LOVEBIRDS
- MICE
- PARAKEET
- PARROT
- POODLE
- RABBIT
- RAT
- SNAKE
- TARANTULA
- TURTLE



DOES AGE LEAD to deterioration of brain function, or do older brains just take longer to process ever increasing amounts of knowledge? The latest research may surprise you.

What happens to our cognitive abilities as we age? Traditionally it is thought that age leads to a steady deterioration of brain function, but important research in Topics in Cognitive Science argues that older brains may take longer to process ever increasing amounts of knowledge, and this has often been misidentified as declining capacity.

Increased Knowledge

The study, led by Dr. Michael Ramscar of the University of Tuebingen, takes a critical look at the measures that are usually thought to show that our cognitive abilities decline across adulthood. Instead of finding evidence of decline, the team discovered that most standard cognitive measures are flawed, confusing increased knowledge for declining capacity.

More Data Takes More Time

Dr. Ramscar's team used computers, programmed to act as though they were humans, to read a certain amount each day, learning new things along the way. When the researchers let a computer 'read' a limited amount, its performance on cognitive tests resembled that of a young adult. However, if the same computer was exposed data which represented a lifetime of experiences its performance looked like that of an older adult. Often it was slower, not because its processing capacity had declined, but because increased "experience" had caused the computer's database to grow, giving it more data to process, and that processing takes time.

"What does this finding mean for our understanding of our ageing minds, for example older adults' increased difficulties with word recall? These are traditionally thought to reveal how our memory for words deteriorates with age, but Big Data adds a twist to this idea," said Dr. Ramscar. "Technology now allows researchers to make quantitative estimates about the number of words an adult can be expected to learn across a lifetime, enabling the team to separate the challenge that increasing knowledge poses to memory from the actual performance of memory itself."

Rethinking the Aging Mind

"Imagine someone who knows two people's birthdays and can recall them almost perfectly. Would you really want to say that person has a better memory than a person who knows the birthdays of 2000 people, but can 'only' match the right person to the right birthday nine times out of ten?" asks Ramscar.

"It is time we rethink what we mean by the aging mind before our false assumptions result in decisions and policies that marginalize the old or waste precious public resources to remediate problems that do not exist," said Ramscar.



Jokes Corner

If you would like your appropriate joke or a funny image put in our newsletter send to jessiebainbridge@trinitymanor.com.au



**IF LIFE GIVES YOU LEMONS,
YOU SHOULD MAKE
LEMONADE AND
TRY TO FIND SOMEBODY
WHOSE LIFE HAS GIVEN
THEM VODKA, AND HAVE A
PARTY.**

RON WHITE

OURMINDFULLIFE.COM

ELDERS & RELATIVES

MEETINGS

All Group Meetings have been Cancelled with Relatives.

We will hold Eden Forums to discuss aspects with Elders.

Family members for any items they wish to discuss please contact Site Manager.

TUESDAYS

7th April

2nd June

4th August

6th October

1st December

**Time is 3.00pm held in
Jessie Lounge**

MEALS with Elders

Reminded that due to Stage 3 Lockdown

in Victoria we are not receiving family

visitors in a bid to protect

Elders.



ELDERS OUTINGS

& HOME VISITS

Reminded that due to Stage 3 Lockdown

in Victoria we are not receiving family

visitors in a bid to protect Elders.

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.

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.



VISITORS

Reminded that due to Stage 3 Lockdown in Victoria we are not receiving family visitors in a bid to protect Elders.



ELDERS CLOTHING

Please remember:

When bringing in new items of clothing, please put these in a bag with that Elder's full name clearly written on the bag and then given into the Nurse

We can then label the new items for you.

Blooms Pharmacy is the Pharmacy Group who supplies all medications .

Address:

107 Lower Plenty Rd, Rosanna

For Queries Contact:

9457 2328