



TRINITY MANOR BALWYN

NEWSLETTER

CONTENTS

AUGUST 2019

From the Manager 2

Activities and Staff
training for August 3

NAIDOC Week
celebrations 4-5

Rhythm of Daily
Life 6-9

Carl's
Comic 10
Corner

Happy Birthday! 11

Housekeeping 12-13

The New Aged Care
Quality Standards 14



Elders Pam and Helen with a poster marking 2019
NAIDOC Week celebrations with this year's theme:

Voice

Treaty

Truth



AUGUST MESSAGE FROM THE MANAGER

Almost there, the end of Winter is getting closer with the days getting that slight bit longer every time the sun comes up.

You may have noticed extra painting being done in the home? Daniel has been busy painting areas in the home. There will be excitement on the first floor in August as we arrange to paint The Boulevard Dining Room. On this day the Elders on the First floor will have their lunch and dinner in the lounge area of the 1st Floor as the dining room will be closed after breakfast until the next day. We look forward to a nice fresh dining area.

We welcomed Gemma and two lovely children in July. Please see her photo's in the following pages. They all look fabulous.

Enjoy the great photo's of many Elders having great times over July. There was a focus on NAIDOC week with reflections from Kath nursing in the outback and Ian providing plenty of entertainment with traditional instruments.

A special thank you to Professor Ian McDonald for giving staff a lecture on "Systems". One of many poignant messages to come from Prof's lecture was, "The whole is greater than the sum of the parts". An important lesson to remember when working in Aged Care where everyone's efforts create a create environment to live and work. Thank you Ian.

We also welcome Emily. Emily will be working with Emilija on the Reception Desk as they both take up part time positions over the coming weeks. I invite you to meet Emily when you're in next.



Have a great August.

Kind regards

Wendy

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 AUGUST

Monday 5th	Box Hill U3A Choir in the Reflection room 1.30 - 3.00pm
Monday 5th	Omega Potts music therapy in the Boulevard Lounge 1.30 - 2.15pm
Wednesday 7th	Dawn Quick & Y Entertainers—Lower Ground Floor—1.30pm
Wednesday 7th	Catholic Communion with Elena in the Reflection room 3.30 - 4.00pm
Tuesday 13th	Armchair Travel with Wayne—His Trip to Nepal—Reflection Room 1.30 - 3.00pm
Thursday 15th	Classical Music with Peta in the Reflection room 1.30 - 3.00pm
Friday 16th	Nepalese Cultural Day with Daniel - 1.30 - 3.00pm
Monday 19th	Music Therapy with Omega Potts in the Boulevard Lounge 1.30 - 2.15pm
Wednesday 21st	Catholic Communion with Elena in the Reflection room 3.30 - 4.00pm
Thursday 22nd	Entertainment with Mike Edwards in Lower Ground 1.30 - 3.00pm
Monday 26th	High Tea with Cinzia & Volunteers—Reflection room 1.30 - 3.00pm
Wednesday 28th	Mass with Father Jacob—Reflection Room—3.30pm

STAFF TRAINING

- ◆ Clinical Assessment: Head to Toe
- ◆ Detecting and Managing Urinary Track Infections (UTIs)
- ◆ Spirituality in Practice
- ◆ Medication Administration— Refresher & Competency for RN's
- ◆ Training on VAD, Risk Minimization and New Standards



NAIDOC Week 2019



Volunteer Kath Curtain helped celebrate NAIDOC week with a presentation highlighting Kath's time as a nurse in Northern Western Australia from 1959 to 1961; Located on Thangoo Station south of Broome, La Grange had been a government depot for the Garadjin (Karajarri) and Ngungamada People.



Kath also showed Elders various artifacts from her Outback Nursing days gifted to her.



PICTURES OF KATH AT La Grange Mission (Bidyadanga)

Aboriginal and Torres Strait Islander viewers are advised that the following Pictures contains images of people who are deceased.



1ST DAY AT LA GRANGE MISSION



"Medicine Time"



Woia—Medicine Man—a Juwaliny Man



Lay Missionary Teaching

Present Day—December 2018
Tamasha King (far left), Graduating as a Doctor, is a Karajarri woman, a direct decent of the Bidyadanga people that Kath cared for all those years ago. Tamasha is practicing in the Outback,





Rhythm of Daily Life...



Ian Coxy, the
Singing Aussie
Cowboy...
Complete with
guitar AND did-
geridoo!





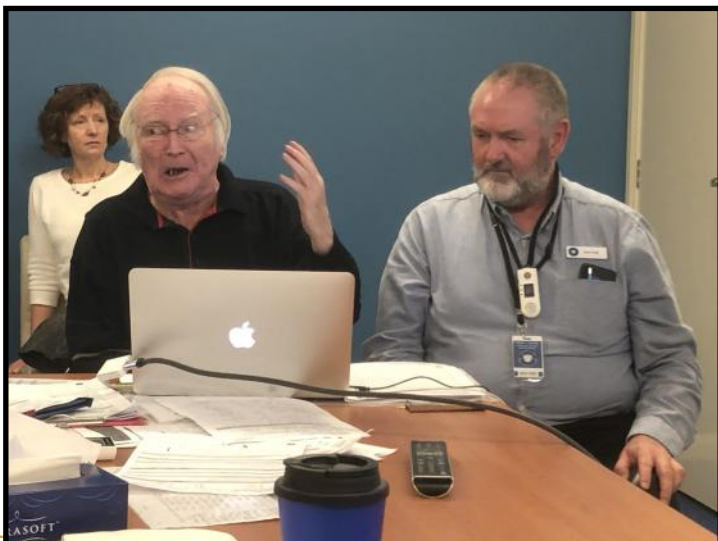
Rhythm of Daily Life...



Jemma our Receptionist dropped in to introducing her Baby, little Sienna for all of us to coo over. Precious time spent with Sienna & her big sister.



Professor Ian delivers training to Staff & Volunteers, watched over by Carl for Quality Control.





Rhythm of Daily Life...



Introducing Abbie & Millie—their human is Janine & Amy, who volunteer and host Carpet Bowls and visit Elders.

It was cuteness overload as we were introduced to these adorable puppies who were a huge hit with everyone.





Rhythm of Daily Life...



Another wonderful visit with our friends at the New Life Christian Youth Group. We quite enjoy the companionship and chats with the group



Volunteers Grace & Felix, medical students spent a couple of days engaging with Elders and involved in various activities.





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

A selection of “Dad Jokes!”

I don't trust those trees, son.

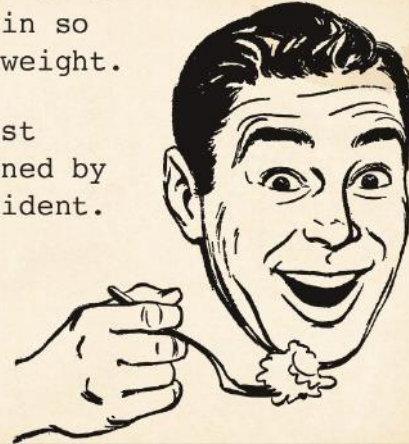
Son: What? Why not?

They seem kind of shady.



I didn't mean to gain so much weight.

It just happened by snaccident.



Yesterday, I ate a clock. It was very time consuming.

Especially when I went back for seconds.



I have a fear of speed bumps. I'm slowly getting over it.

I also have a fear of elevators, but I've started taking steps to avoid it.



I have a fear of speed bumps. I'm slowly getting over it.

I also have a fear of elevators, but I've started taking steps to avoid it.



Why did the coffee file a police report?

It got mugged.



HAPPY BIRTHDAY



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

Herb B.
Betty M

7th August
25th August



Bernie's birthday celebrations during July



Jean celebrated her 102nd birthday with family in the Westbury Café!



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.