



TRINITY MANOR GREENSBOROUGH ISSUE 2 2020

NEWSLETTER

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"There is nothing on this earth more to be prized than true friendship."

~ Thomas Aquinas



Site Manager Message:

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

Rebecca





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
- Laundry Training (Laundry Staff)

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
- ⇒ Increased innovation in new strategies and products

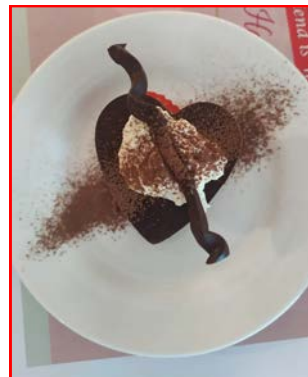




Valentine's Day is not just for couples, it is about celebrating friendships and positive aging. We had a lot of fun in yet another Luncheon that proved to be a success—of course. Thank you to Ray for superb food; there was plenty of dancing and singing to be had by all.

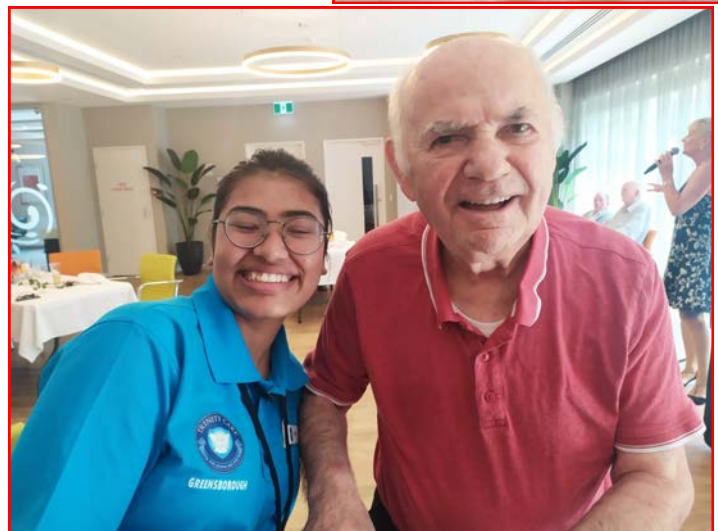


A rose by any other name would smell as sweet





And yes there was dancing— including wheelchair dancing. Did you know that there is the International Championships of Wheelchair Dancing in various categories!





Rhythm of Daily Life...



In February, we went to one of our favourite places to window shop, pick up some necessary supplies (chocolate) and have a quick bite—Greensborough Plaza!





Rhythm of Daily Life...



We gathered to say a sad farewell to Indeerjeep who we grew fond of. Indeerjeep had tears in her eyes as she needed to work closer to home to further care for her family. We wish her good luck.

Still had time for a good game of Indoor Bowls.





Rhythm of Daily Life...



Music & Motion—dancing the light fandango with staff.



As it turns out Bingo is more than just a fun activity. Researchers have found that playing bingo has multiple health benefits for the elderly. It takes concentration - which improves listening and short term memory skills and it promotes socialization - which is essential for seniors to maintain a happy and healthy lifestyle.



Staff Cultural Day where we brought in food from our Culture to share. It was quite delicious too!





Rhythm of Daily Life...



Bus Outing to see Yarrambat Fly Fishing area. (Above)

(Below) We also visited Sugar Loaf Dam where we sat by the Picnic grounds for Afternoon Tea





Rhythm of Daily Life...

Request was made to visit Preston Market, so Josh with our Volunteer Nicole and Elders made this trip in early March.



Word Search Game - Actors of the 1920s and 30s

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

ARBUCKLE
ASTAIRE
BARRYMORE
CAGNEY
CHANEY
CHAPLIN
COLEMAN
COOPER
FAIRBANKS
FONDA
FLYNN
GABLE
GILBERT
HARDY
KEATON
LAUREL
LLOYD
MARCH
MARX
MIX
POWER
ROBINSON
ROONEY
TRACY
VALENTINO

All About Puzzles



Volunteers Wanted

Join us on the Bus with Elders & Lifestyle trips,
If you would be willing to help out, please let
speak with Josh or Jessie in Lifestyle for a non-
committal chat.

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.

BOOKING OF CAFÉ WESTBURY

Reminded that due to Stage 3
Lockdown
in Victoria we are not receiving family
Visitors or organizing Family
gatherings in a bid to protect Elders.

VISITORS

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ELDERS & RELATIVES

MEETINGS

Group Meetings are Cancelled until further notice.

We will meet in small gatherings with Elders.

TUESDAYS

Time is 10.30am, held in Neighborhood areas

- * **14th April**
- * **16th June**
- * **18th August**
- * **20th October**
- * **15th December**
-

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.

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.

Another reminder, please check with us for any mail that may have arrived.

Blooms Pharmacy is the Pharmacy Group who supplies all medications .

For all queries please call the friendly staff on

(03) 9458 1912

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

