



TRINITY MANOR GREENSBOROUGH NEWSLETTER SEPTEMBER 2019

Lifestyle Message	2
We are Open!	3
NADOC Week	4-7
Titanic	8
Westerfold Park	9
Boxercise	10
Fun & Fitness	11
Advanced Walking Group	12
Creative time	13
Ballet Workshop	14-15
Jazz Lounge	16-17
Rhythm of Daily Life	18-19
Notices/Announcements	20-23



Greensborough Open....

How exciting, our very first newsletter for Greensborough!



MESSAGE FROM JESSIE BAINBRIDGE, LIFESTYLE MANAGER

Welcome to our first edition of Trinity Manor Greensborough newsletter where we share stories about what everyone, from Elders to Staff gets up to. We trust you will enjoy some of the lovely photos in the Newsletter.

The days may be cold at the moment but that has not slowed us down in building the stepping stones of a new Community. Within the next few pages you will find some of the exciting things we are getting up to.

Trinity Manor 's Vision is Caring with Passion and Heart; being a family run home we believe that the Aged Care sector must evolve to meet the needs and expectations of our Elders and families requirements. As a group we are dedicated, transparent and focused on providing consistent excellent level of care.

All at Trinity understand that when an Elder comes to live here, that families have entrusted their loved ones to us with an expectation that they will be treated with dignity and respect and cared for as well as they would be at home. We support families to be able to co-care their loved one with as in a true Partnership, become involved in the day to day life at Trinity Greensborough. It is important that new Elders develop a sense of belonging and families feel comfortable in the knowledge that their loved one is well cared for.

Life is about milestones, going to school, your first job, for some getting married and having children. Some are blessed with grandchildren and others enjoy travelling to places far and wide, everyday life seems to roll on. Transitioning into a care home is another milestone for some and we are acutely aware that this can be viewed with trepidation.

Over the past few months we all have been getting to know each other, the Elders, family and friends, plus all the staff who work at Trinity Manor, we all sew the fabric of creating this Community at Greensborough. Moving into residential care can mean gaining new friends, new hobbies and the support you need.

Through getting to know you, we ask lots of questions when people arrive and we encourage all to communicate your needs or concerns with us. We spend time with new Elders; all the Nurses, Care Staff, our Chef and Kitchen Staff to our Cleaning Staff.

Josh, who runs our Lifestyle division is dedicated in spending time with new arrivals on a one on one basis or through the vehicle of our Eden Forums to find out what you enjoy doing, what community groups do you wish to maintain contact with, what new adventures do you wish to try. This is to fit the Lifestyle activity program around you, rather than fitting the Elder into a Lifestyle Program.

We welcome the involvement of family and friends in any of our activities, do not hesitate to join us any time. **A reminder** to *Check out* 'Weekly Activities Planners' - as well as – 'Special Event Posters at 1st Floor Nurses Station and at Reception to keep up with all the latest happenings. Ask any time for **Copies of Elder Photos** – these can be printed on demand; to give to family and friends.

If you wish to contribute to our newsletter please email receptiongb@trinitymanor.com.au

As always we welcome Family & Elder input in new Activities we could introduce in 2019. We love feedback and suggestions! We hope you enjoy the September newsletter.

Jessie Bainbridge & Josh Routley—Lifestyle Team



Family owned for over 40 years



Trinity Manor Greensborough
226-230 Elder Street, Greensborough

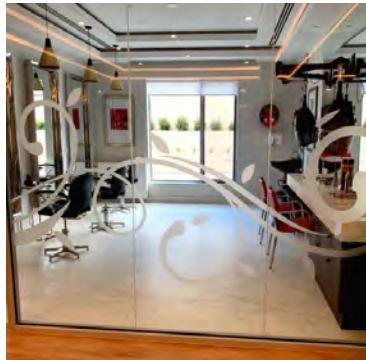
NOW OPEN

TRINITY CARE
Caring with purpose and with love

T 03 9091 5200
www.trinitycare.com.au
BALWYN | BURWOOD | GREENSBOROUGH

Greensborough is now Open!! The home has been designed to offer high quality clinical care alongside a great Lifestyle.

What a beautiful place it is, worth the wait.



Trinity Manor, Greensborough.



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

Tales of the OUTBACK NURSE With Kath Curtain



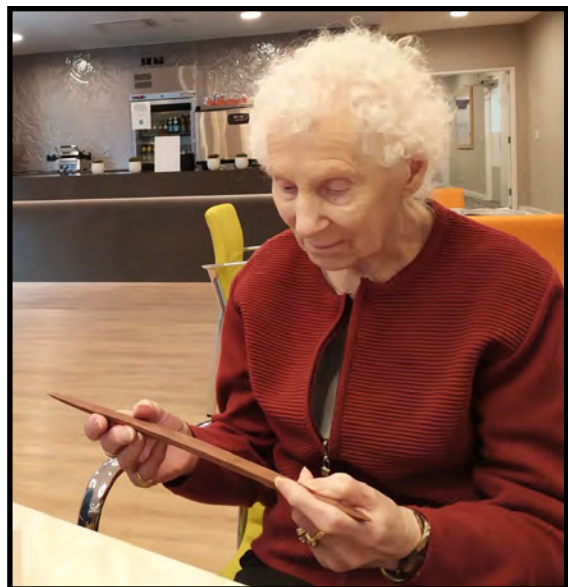
Kath Curtain an Outback nurse for 20 odd years in rural Australia, working with local Indigenous folk



Kath share wonderful stories, pictures and incredible old aboriginal artifacts.



Kath shared wonderful pictures of her time spent in the Outback



For NAIDOC week we also visited the Indigenous plant nursery in Ringwood called CRISP.



We had a beautiful drive out to Ringwood through the scenic route (Brian convinced I was lost) maybe??

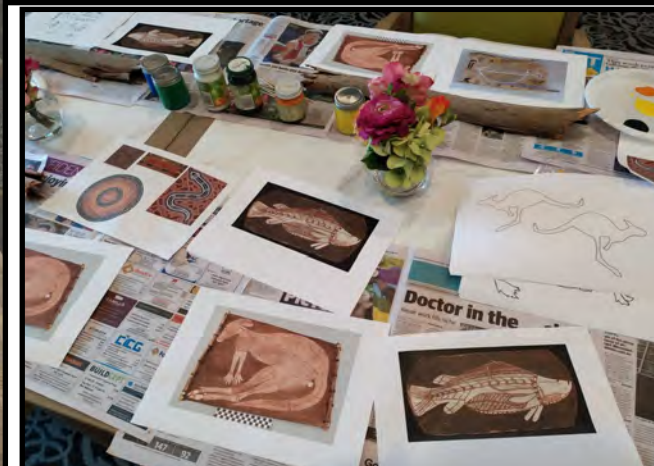


A completely Volunteer run nursery, folks giving back to their community, was amazing.





Was a cold day, but the beautiful sun came out for us, we still enjoyed a yummy morning tea packed by Ray and the team and a hot cuppa.

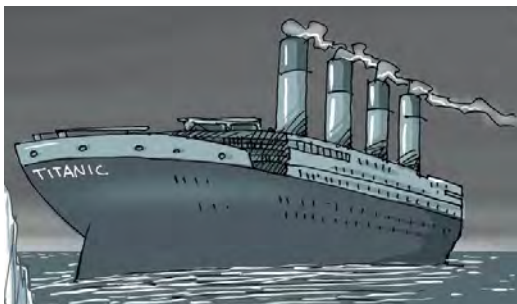


For the rest of NAIDOC week, we honored the original Australians by going for a nice long bush walk. We also set up to do some Bark painting, but everyone was a bit shy to attempt it, so we just looked at the old tracking symbols and shared our stories. We also watch a documentary about the 5th World indigenous of Australia and finished the week with a touching film, Rabbit Proof fence.





Anna and John thought the lower Plenty river bridge was the Titanic.



Westerfolds Park

We had a lovely afternoon in the Westerfolds Park, having a walk and with a warm cuppa and a nibble.



Box-ercise



**It's Boxing
It's Exercise
It's Fun!!**





Fun & Fitness- all about the fine motor skills, hand eye coordination... and it's just a whole lots of fun too!



Advanced Walking Group



Our 2km Walk!! Along the Lower Plenty River



We meet various people of the 2 and 4 legged kind



Time to get creative



Water Colours, Acrylics. Landscapes and soap carving– just a few ways to express our creativity.





Ballet Workshop



Bec (Josh's beautiful wife), came in to see the elders, and to do a Ballet workshop. She did a small Performance, and a little tap number, then led the elders in a workshop, to help perfect their technique. Was a fun afternoon.





Jazz Lounge- Mocktail Bar



Over the past few months the Elders have shown their love for Jazz, and a lot enjoy a bit of a dance too. So we thought 'lets start a little Jazz bar!!!





Mocktail- 3 options—
Orange Sunrise,
Mojitos & Sugar Rush



Rythym of Daily Life



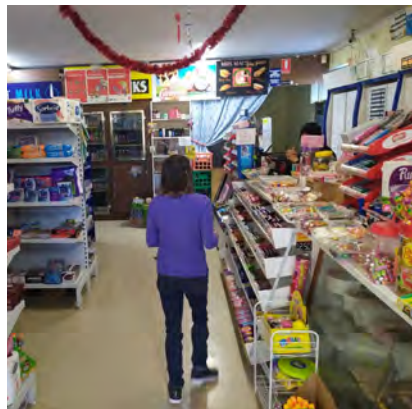
And.... These are a few of my favorite things!





Spontaneous morning dance party!

Family visits, favorite films, chocolate shopping, games, hair doo's...



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 OR PRIVATE DINING ROOM

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 SIGN IN

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

**15th October
17th December**

Time is 10.30am,

Look Out For Notice

Reminders

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

Mail addressed to elders is kept in the Nurse's station.

Next time you are in just ask one of the staff to check for you.

Blooms Pharmacy is the Pharmacy Group who supplies all medications . For Queries speak to either the Nurse on Duty or you can Contact Blooms directly on:

9458-1912

108 Lower Plenty Rd, Rosanna

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 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.





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 work-

ers, 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.

Trinity Manor is beginning its journey in embracing the new Standards and to have been implemented prior to 1st July.

For detailed information this can be accessed via www.aacqa.gov.au/guidance



Single Charter of Rights and Responsibilities

Trinity Care has a responsibility to support consumers to understand the new Charter that comes into effect from 1 July 2019.

As a provider of aged care services, a copy of the new Charter, signed by a senior member of Trinity Care, must be offered to consumers and we are able to assist in explaining the rights to you. Consumers, or their authorized representative, are to have reasonable opportunity to sign a copy and return it to Trinity Manor.

The purpose of requesting the consumer's signature is to allow them to acknowledge they have received the Charter and had assistance to understand them. Consumers or not required to sign the document however we encourage you to as a way of seeking advice.

Regardless of whether you return a signed copy of the New Charter, services will remain to be provided by Trinity Care.

Key changes

The new Charter will make it easier for consumers, their families, carers and representatives to understand what they can expect from an aged care service.

Rights afforded to consumers under the existing charters will be maintained through the new Charter, the new Aged Care Quality Standards, amendments to the User Rights Principles 2014

(User Rights Principles), and other laws that inform the delivery and quality of aged care. This includes rights under the *Competition and Consumer Act 2010* and Commonwealth anti discrimination law.

In addition, changes have been made to the home care security of tenure provision to include critical consumer responsibilities currently contained in the Charter of care recipients rights and responsibilities – home care (eg: payment of fees).

