



# TRINITY MANOR GREENSBOROUGH ISSUE 4 2020

## NEWSLETTER

Site Manager Message	2
Life begins at...	3
Advanced Art Classes	4-7
Fun & Fitness	8-9
Master Chef	10-11
Mini Golf Tournament	12-13
Line Dancing	14
Primary Pen Pals	15
Rhythm of Daily life	16-21
Our Wonderful Staff	22-23
Word Search	24
Housekeeping	25-26



Fran our Mini Golf Tournament winner!

**Come see what fun we  
have been up to...**



REMEMBER  
TO  
LIKE OUR  
FACEBOOK PAGE!

## Site Manager Message:

Dear Elders, Relatives and Friends,

I have been with the Trinity Greensborough family for about three months now and I feel I am certainly part of the furniture. These times of restrictions have made us all appreciate that one of the most important things in life are our family and the connections we have with friends. Trinity Manor has been updating everyone on the changes to the current climate and connections with each other through Inter-Glass visits, Zoom discussions and In Room visits. Currently we are in our second wave with further restrictions resulting in the 1:1 visits with loved ones to be on hold until further notice. I would like to express my gratitude to you all for understanding that we here at Trinity, and myself personally, only wish for the safest possible environment for all Elders.

I am impressed to see the Lifestyle program growing and the care staff engaging with the Elders every day. Josh is a testament to engaging and remaining passionate about keeping all the Elders fulfilled in everyday life.

I have been involved in Eden Forums where all Elders can express their feelings whether positive or not and I am more than happy to work through the best possible strategies to keep everyone content with life at Trinity.

I would like to share a quote,



Kindest Regards

Carolyn



## Staff July & August Training 2020

- Promoting Health & Wellness
- Dementia: Engaging the Person In Meaningful Activities
- Dementia: Understanding and Responding to BPSD
- PPE Standard & Transmission —Monash Health
- Hand Hygiene for Aged Care Workers—Monash Health
- Laundry Training
- Skin Care and Wound Management
- Clinical Assessment: Cardiopulmonary System
- Medication Administration Refresher & Competency
- Training on Risk Minimization, Documentation consistent with New Standards





## Life Begins at 70 when your at Trinity Manor!!

It's tough times indeed, but we are doing all we can to keep our beloved elders health and safe, and well engaged and entertained.

Just General life at Trinity, we are staying connected with Window Visits, ZOOM conference calls, elders personal video calls, and phone calls. This is interspersed with maintaining an active life whilst keeping this COVID thing at bay; from volley-ball to knit & knatter, going for walks, having a cuppa outdoors, a walk in the garden, crafts & exercises, it's all happening here...





# Advanced Art classes







In the month of June we did Acrylic painting on wood. We learnt from the famous Bob Ross online lessons. Landscapes and beautiful scenic sunsets. The elders showed just how much talent they have!!





In July we tried using unstretched canvas', with a nice white Gesso back ground to give us beautiful bright colours. Bob Ross again led us with his fun light hearted teaching style, whether fun or serious we all enjoyed!











# Fun & Fitness









# Master Chef



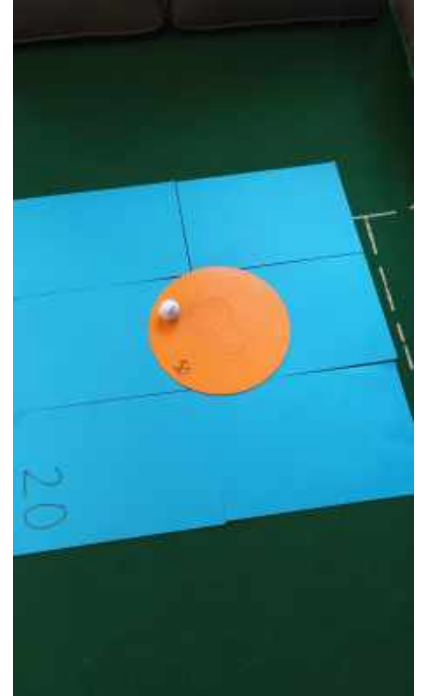




After all our hard cooking of our Pilipino spring rolls, lead by Chef Ray, and Sous-chef Sarah, we got to eat them! Stan was very happy about that!!!!







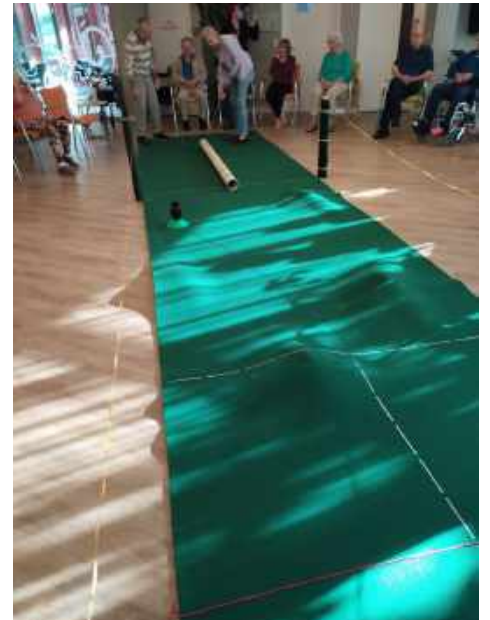
**A big congratulations to Fran who took home the trophy for the highest points on each course.**

**Also a note worth mention to Jeanne who got our only hole in one!**





**Over the course of the afternoon the competitors were challenged by 3 different obstacle mini golf courses to compete on. Only the one player with the highest points wins.**







# Line Dancing



Step 1, we watch the pros!



Step 2, we give it a bash!!







One of our wonderful staff, Emily has her children attending Watsonia Heights Primary school, who were doing weekly visits with us before Covid 19 broke out. Since then she helped her sons class start a pen pals, friendship letter writing and painting for the elders





# Rythm of Daily Life



A new weekly favourite is ABC's Ms Fishers murder mysteries, and Heart beat. We've enjoyed following along in the ABC iVew episodes.



Mara and Boris' Beautiful garden, the Chillies and Tomatoes, look beautiful!!





Lots of Walks and getting out into the garden. Some have rekindled their passion for gardening.



Our newest member of the family moved in, Fran's cat Bluebell!!





# Rythm of Daily Life



It's business as usual here, still doing our elders & relatives meetings, just with out the relatives- if you want a copy of the meeting minutes, please just ask. We also are holding weekly to fortnightly Casual Eden forums after bowls, to keep everyone in the loop with Covid19. Also general question or concerns too.



We work hard, and play harder!







We love an end of the week concert and afternoon tea, good for a sing-a-long!!



We celebrated the Queens birthday with a quiz, documentary and small high tea.





# Rythm of Daily Life



We have opened our new Elder's library started, created by the elders for the elders. It has Books, movies, DVD, cd music, and a CD player. It's open all weekend to come and go as you please. In the activity room, by the garden.



We do lots of manicures each week, keeping the ladies beautiful







Weekly Carpet bowls is becoming very popular. So we are having two different groups each week, one is Bowls for fun with bumpers, and the other is more of a Traditional kind of bowls another day so we can try to keep groups smaller, and try to socially distance.



We still hold a weekly church service of online mass.





# Our wonderful Staff









# Butterfly Word Search

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

ABDOMEN  
 ANTENNA  
 BALTIMORECHECKERSPOT  
 BASKING  
 BROOD  
 CATERPILLAR  
 CHRYSALIS  
 CLASPERS  
 COMMON SULPHUR  
 COMPOUNDEYE  
 CREMASTER

DIAPYCNUS  
 EGG  
 EMERGE  
 ENTOMOLOGIST  
 FEMALE  
 FLOWERS  
 FOREWING  
 FRASS  
 FRITILLARY  
 GARDEN  
 HEAD

HIBERNATION BOX  
 HINDWING  
 INSECT  
 LEGS  
 LEPIDOPTERA  
 MALE  
 METAMORPHOSIS  
 MILKWEED  
 MONARCH  
 MOURNINGCLOAK  
 NECTAR

PAINTEDLADY  
 PROBOSCIS  
 PUDDLE  
 PUPAE  
 REDADMIRAL  
 SCALES  
 SWALLOWTAIL  
 THORAX  
 VEINS  
 VICEROY  
 WINGS





# \*Volunteers Wanted\*

## BUS OUTINGS TEMPORARILY CLOSED.

However, for the future, 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 4 Lockdown in Victoria we are not receiving family Visitors or organizing Family gatherings in a bid to protect Elders.

## VISITORS

### Updated Visiting Days & Hours

You Are Reminded that you will need to make a booking.

Bookings are available for visits Monday to Friday between the hours of 10.00am and 2.30pm, and alternating Saturdays and Sundays 10.30am to 12.00pm.

Please refer to your emailed letter for booking instructions





## 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**

- \* **18th August**
- \* **20th October**
- \* **15th December**

**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

## FLU VACCINE

### HAVE YOU HAD YOURS?

Our Elders are susceptible to the flue due to health reasons & in some cases medications that can reduce their immune system.

Department of Health Announcement:

From 1 May 2020, all aged care workers and visitors must have been vaccinated against seasonal influenza to enter an aged care facility.

Trinity will request that all visitors produce a copy of their Flu Vaccination in accordance with Dpt of Health Policy.

**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

**Reminded that due to Stage 4 Lockdown**

**in Victoria we are not receiving family face to face**

**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.**

