



# TRINITY MANOR BALWYN

## NEWSLETTER

### ISSUE 2—2020

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Marj with Kasey & Kirandeeep  
Our 2 New Lifestyle Assistants



## 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](mailto: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.





## 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



# Happy Valentine's Day



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. Jemma brought along her little one Sienna who stole the hearts of everyone she met.





Of Course There is Always Time for Canoodling & Dancing.





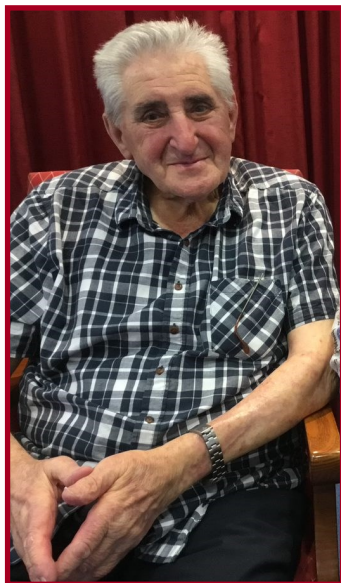
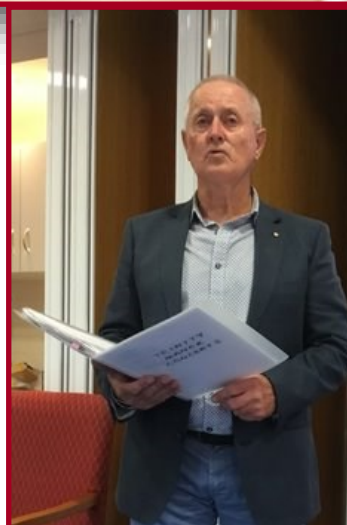
Late February, we did something completely different, we took part in an Islander Workshop. A great afternoon where we learnt about the Pacific Islands, its people and traditions but through dance and music as well. We were under the tutelage of gorgeous Lesieli Taufa.



Kiran got into the spirit learning how to hula.



We were able to squeeze in a live Classical Music performance by our Volunteers in February. Peta on piano along with Geoff & Ron on vocals. The room was absolutely Electric, with the whole room erupting into song.





# Rhythm of Daily Life...

Early March—Our Knitting Group headed by our volunteers of Joan, June and Betty. One of our project—to make Knitted fiddle hand warmers.



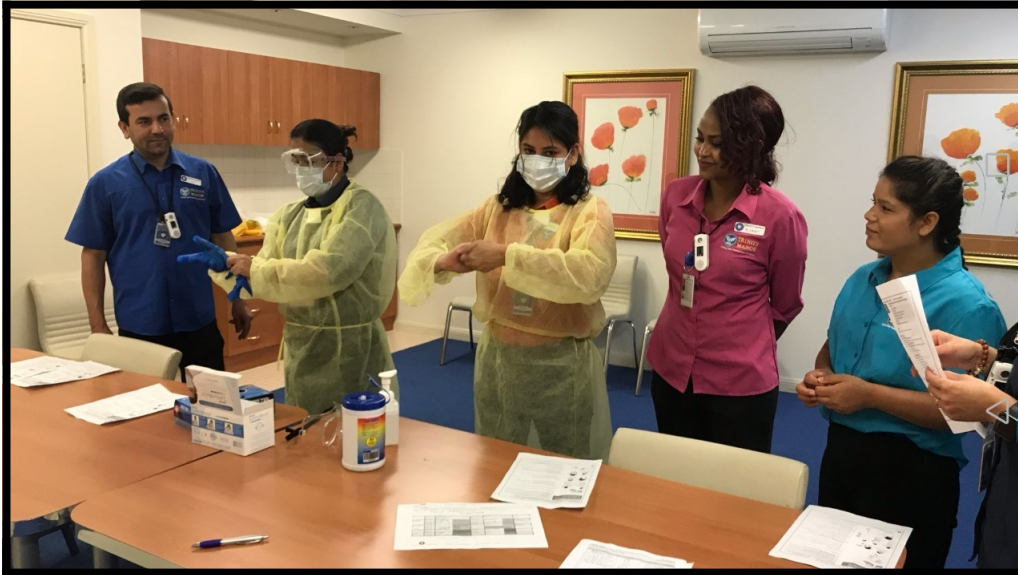
**Why is knitting good for us as we age?**

**Knitting is good for the brain, but it can be good for your body too. Many seniors experience difficulty with hand-eye coordination as they age. When you knit regularly, you force your brain and your hands to work together, maintaining your fine motor skills**





# Rhythm of Daily Life...



**Staff in Training:** Thank you for everyone's patience as we continue to provide ongoing training of all staff. This will increase our knowledge and increase our performance in our role.





# Rhythm of Daily Life...

Elders wish you all to know that they are OK— we have Bingo but more importantly a good supply of Chocolates!



Thank you to our Bingo Caller—Pam.





# Rhythm of Daily Life...



We said Adieu and Farewell to Cinzia from the Lifestyle Team. She had been with us for 4 year and it was time for her to spread her wings in another opportunity for her.



We presented Cinzia with her favorite flower—a Yellow Rose bush as a memento of us. Everytime she sees it in bloom she can remember the friendships she made at Trinity.

Yellow is the Color of Friendship.



# Rhythm of

Early March— Leather Work-  
shop.

Mmmm—needle &  
thread go over this side  
and under the other.  
Think I have it.



Received a lovely photo of  
our Fur Baby friends who  
would visit us each week,  
bringing joy to people. Here  
they are ready to come to  
Trinity to be cuddled, patted  
and just sit and listen to  
conversations. They are  
excellent listeners!



# 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](mailto:jessiebainbridge@trinitymanor.com.au)

## Feathered Friends Word Search Puzzle

Can you find all the bird names hidden in the puzzle?

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

BLUEJAY  
BUDGIE  
CARDINAL  
CRANE  
CROW  
DUCK  
EAGLE  
EMU  
FALCON  
FLAMINGO  
GOLDFINCH  
GOOSE  
GRACKLE  
HAWK  
HERON  
HUMMINGBIRD  
JUNCO  
MEADOWLARK  
ORIOLE  
OSTRICH  
PARAKEET  
PARROT  
PIGEON  
RAVEN  
ROBIN  
SEAGULL  
STARLING  
TURKEY  
VULTURE

**All About Puzzles**

[puzzles.about.com](http://puzzles.about.com)

# HAPPY BIRTHDAY



## Warm Birthday Wishes to the Following Elders in the Month of April & May 2020

Margaret D. 4th April  
Lorli R. 28th April

Christina B. 17th April  
Dawn L. 30th April

Maria L. 20th April

Pam D. 1st May

Marianna C. 2nd May

Angela T. 22nd May



Stuart with his daughter Celebrating his February Birthday



Jules celebrating with staff & co-elders his March Birthday—Yum cake for Everyone!!



# 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 Reception who will be able to organize one to be either e-mailed or collected.

## **VISITORS ELECTRONIC SIGN IN**

### **LOCATED AT RECEPTION**

Visitors are reminded that **ALL** visitors need to sign on your way **IN and OUT** of the Not only will this enable us to account for everyone in the home in case of an emergency, such as fire, but it is an OH&S requirement.



## ELDERS & RELATIVES

### MEETINGS

**Please note Group Meetings have been cancelled**

**Eden Forums to Occur with Elders in their Home Areas.**

**For Any Queries please contact us.**

## 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

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 need to 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.

**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.**

Blooms Pharmacy the group that supplies all medications.

Location:

108 Lower Plenty Road,  
ROSANNA

For Queries Contact:

Ph: 03 9458 1912

E: rosanna@blooms.net.au

**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**

