



TRINITY MANOR BALWYN

NEWSLETTER

MARCH 2019

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MOOMBA LONG WEEKEND

8-11 MARCH 2019



MESSAGE FROM THE LIFESTYLE TEAM

Hi Everyone,

There has been excitement as we expose people living at Trinity Manor to the world of Games on our iPad.

Josh and I attended a workshop at St George's Hospital on the benefits of gaming apps and the Elderly, especially for some who may be living with Dementia. Everyone can benefit from improving their cognitive functions such as memory, processing, precision and comprehension but it is particularly important for a person living with dementia.

Of interest is that Dementia Australia has recently released a free iPad app called **The Better Visit** to assist families and friends to better communicate with a loved one living with dementia. **The Better Visit** app is interactive, stimulating and fun.



Thank you once again to our amazing Volunteers who assisted us in our Valentine's Day luncheon, once again we had a brilliant afternoon. We had a new entertainer who was great in getting everyone up and dancing. I even spied a couple of people sneaking a dance or two at the back of the room as evidenced by this photo!

The first visit for 2019 by our friends from New Life Christian Youth Group occurs on Sunday 3rd, they are always such welcoming faces. This is the 4th year of these young people visiting us.

Treble Tones Choir are like old friends and it will be great catching up with this group of ladies.

Now for something different Maree volunteered with a group at Christmas time singing Christmas Carols, during a chat Maree highlighted that she and a group of friends make jewelry, and that got the conversation and ideas flowing. Maree will be giving a workshop in making jewelry, this will be hands on and you will have the opportunity to take home your piece of jewelry made.

Once again Laurel McKenna lends her golden voice and it will be great in seeing her once more.

We are all very excited with the soon to open Trinity Manor Greensborough home, we will update you further on the date. As we ready for its opening we are already identifying Staff for Greensborough and hence you will see several new faces around the Balwyn Home. On Page 9 you will meet our new Receptionist for Greensborough plus Amelija who is joining our Balwyn family.

As always 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 on our Communal Bulletin Boards 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.

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 March newsletter.**

Cheers, Jessie Bainbridge, (Lifestyle Manager) & The Lifestyle Team:



Highlight of Special Activities & List of Training For MARCH

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

Friday 1st	Knit n Natter with Volunteers —2.00PM
Sunday 3rd	New Life Christian Youth Group for Prayers, Hymn Singing & Companionship—10.30am—Reflection Room
Monday 4th	Music Therapy with Omega Potts — 1.30PM—1ST FLOOR LOUNGE
Monday 4th	TREBLE TONES CHOIR—1.30pm—Reflection Room
Tuesday 5th	Fran –Beauty Therapist Visits
Tuesday 5th	Jewelry Making with Maree & Friends—1.30pm—Reflection Room
Wednesday 6th	Outing to Palace Theatre to View Movie & Lunch—Full Day Outing
Friday 8th	Peter—Leather Workshop —2.00PM—REFLECTION ROOM
Wednesday 13th	Catholic Communion with Elena —3.00PM—REFLECTION ROOM
Friday 15th	Knit n Natter with Volunteers—2.00pm
Monday 18th	Music Therapy with Omega Potts — 1.30PM—1ST FLOOR LOUNGE
Monday 18th	High Tea with Cinzia, Chris & Gabby (Volunteers) — 2.00-3.00pm- Reflection Room
Monday 25th	LAUREL McKENNA ENTERTAINS—1.15pm—Lower Ground Floor
Wednesday 27th	Catholic Communion with Elena —3.00PM—REFLECTION ROOM

STAFF TRAINING

- ◆ Looking After Your Back
- ◆ Fall Prevention: Implementing A Falls Prevention Program
- ◆ Resolving Confrontational Situations

Valentine's Day

Valentine's Day Luncheon was a chance to celebrate togetherness and evoke some of the romance of yesteryear. Wonderful company, great food and Paul Gillett singing favorite songs was a recipe for success.

Our Photo Wall Gallery Was A Bit Of Fun



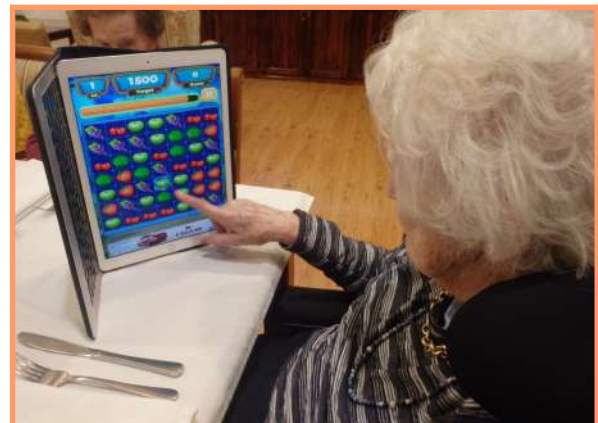


A Sandwiched Ivan!



Who said that Gaming on an iPad is only for the young, it is also for the Young At Heart.

Lifestyle Team have been trialing suitable Gaming Apps on our iPad for our Elders to try with some funny results at times. iPads are tactile, versatile and very simple to use. Suitable games can be utilized for engagement and enjoyment, studies show that for the Elderly it can help in memory, interaction and can support people with memory loss. Candy Crush, Talking Tom, Painting Mandela's & other Apps caused quite an interest!!





Rhythm of Daily Life...



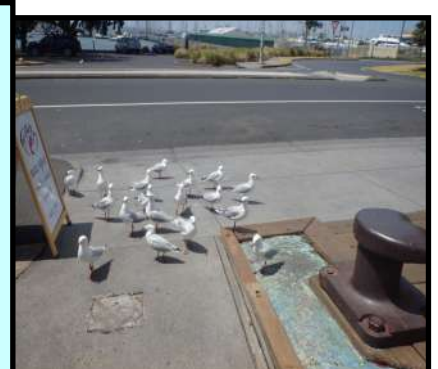
Games Day with Staff on Australia Day—thong tossing & balloon throwing. All great to get the body moving. Even family members enjoyed themselves.



Sandy helps out regularly in our Sensory Courtyard keeping our plants well hydrated on those sunny days.



Outing to Williamstown for some Fish & Chips by the Seaside. The Seagulls live in hope for some too!





Rhythm of Daily Life...



John & Robert enjoying a visit by Huxley and his handler



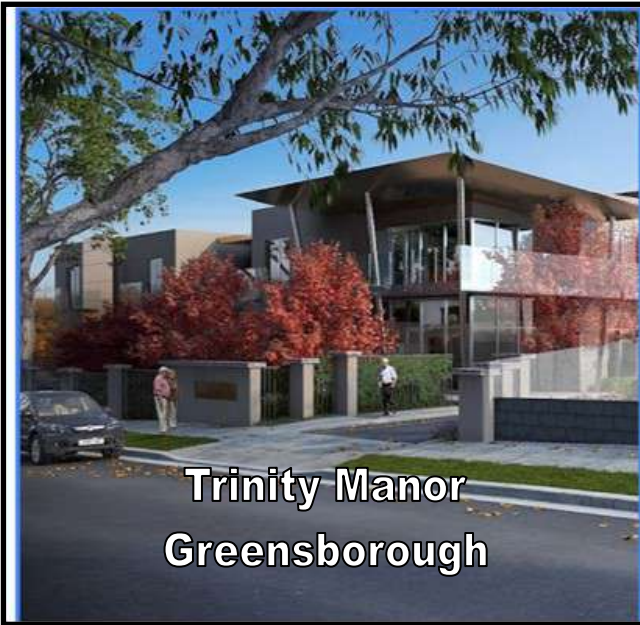
Doris teaching our staff how to knit



June casually tinkling on the piano



The Sock Brigade are at it again. Stuart is inspiring others to wear different styles of socks. Mmm are we creating a movement here?



**Trinity Manor
Greensborough**

Trinity Manor, Greensborough will be opening its doors very soon. Watch this space and a date will be announced soon with further photos of its interior for those that are a bit more curious.

Elders, Families and Visitors will see several new faces around the place as we commence employing staff for the Greensborough site which includes training at Balwyn Home.

Vicki and Rachel, who will be our Receptionists at Greensborough are being trained under the watchful eye of Jemma. We have also appointed a new receptionist for Balwyn, Amelija who will join Jemma at Reception. Say hello to the ladies who are very approachable and friendly and happy to assist you.

Vicki



Rachel



Amelija



Vicki, Jemma & Rachel

Their Charlie's Angel's Pose





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 BIG game hunter went on a safari with his wife and mother-in-law.

One morning, while still deep in the jungle, the hunter's wife awoke to find her mother gone.

She woke her husband, and they both set off in search of the old woman.

In a clearing not far from the camp, they came upon a chilling sight.

The mother-in-law was standing face to face with a ferocious lion.

“What are we going to do?” his horrified wife asked.

“Nothing,” her husband replied.

“The lion got himself into this mess, let him get himself out of it.”

ST Peter was sitting at the Pearly Gates when two blokes wearing hoodies arrived.

St Peter looked out and said: “Wait here. I shall be right back.”

St Peter went over to God's chambers and told him who was waiting to come in.

God said to Peter: “How many times do I have to tell you, you can't be judgmental here. This is Heaven. All are loved. All are brothers. Go back and let them in.”

St Peter went back to the gates, looked around, and let out a heavy sigh.

He returned to God's chambers. “Well, they're gone.”

“The blokes wearing hoodies?” asked God.

“No. The Pearly Gates.”



HAPPY BIRTHDAY



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

Jules W.	9th	Aldo P.	20th
Helen H.	22nd	Renee S.	22nd



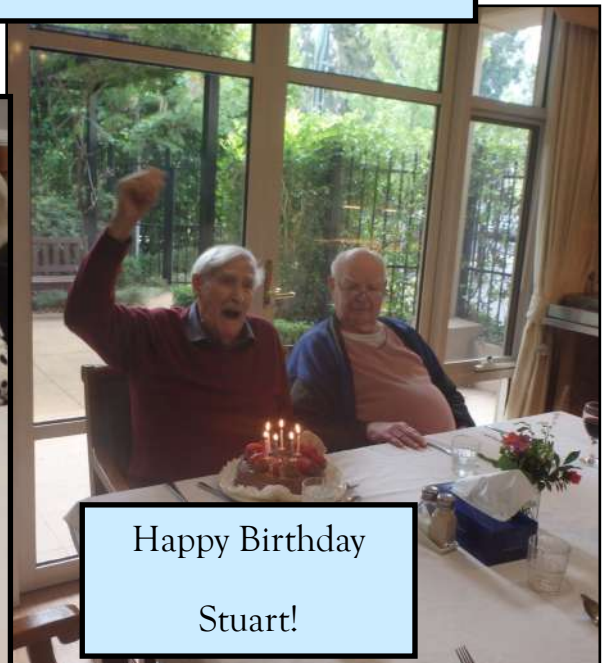
Marjorie had a special Party Celebration for her 101st Birthday



June with Hira Celebrates



Ooh save a slice for me!!



Happy Birthday

Stuart!

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

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.