



TRINITY MANOR BALWYN

NEWSLETTER

ISSUE 4—2020

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Whitehorse Road, Deepdene

At the Intersection of

Barnsbury Road & Pretoria Street

In the Early 1930's



REMEMBER
TO
LIKE OUR
FACEBOOK PAGE!

Site Manager's Message

Hi All,

I had hoped that we were in a different situation with Restriction at this time and getting back to some normality however this does not seem to be the case. We are very thankful for our current situation and wish to thank you for your thoughts, prayers and messages of support.

We understand that this is a time of anxiousness in not being able to visit your loved one in person, but we wish to promote keeping up your connections through Window Visits, ZOOM Calls and Phone Calls. Remember to make bookings for Window Visits and ZOOM calls through Calendly. This is the best way to safe-guard all Elders living at Trinity Manor including our staff.

What have we implemented: All staff are wearing face masks and face shields, uniforms continue to be washed on the premises, staff are assigned in caring in the one community area to reduce risk of transmission in between areas, staff rostered are only working at Trinity Balwyn site, further training on PPE and COVID infection control is continual.

Aspen Medical has been appointed by the Government to conduct extensive voluntary testing of all staff and elders. They have not confirmed a testing date as yet. We would highly recommend **all Elders and staff** are tested, as though it is a little uncomfortable, it will ensure the safety of everyone at Trinity. Once this date is confirmed and advice is received, we will gain consent from the medical POA's and notify you of the date.

We recently received a visit by Department of Health who conducted an audit of our outbreak plan and governance if there was an outbreak. They were clearly happy with what we have planned and made a few recommendations which we are currently implementing.

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. If you have any questions, please do not hesitate to contact Monica, the Site Manager at cibalwyn@trinitymanor.com.au. We hope you and your families are keeping safe and well.

Monica Gangi.

Site Manager.



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





QUEEN'S BIRTHDAY

Out came the china tea set for our High Tea and another yummy selection of tid bits to eat. Who needs the Windsor when we can recreate the atmosphere here. There was a PowerPoint presentation on the life of Queen Elizabeth II from birth to present day, wonderful to reminisce.



They married on November 20, 1947.

The ceremony was held at Westminster Abbey

They honeymooned at the Broadlands House in Hampshire.





And of course, Queen Elizabeth has always been fond of her corgis.



Queen Elizabeth in 1942.

Queen Elizabeth has had more than 30 corgis since 1945

At 15, she got involved in public service. She knitted garments for the poor, contributed funds to purchase cigarettes for the armed forces, and attended dances and programs of evacuated children.

She also became a first aid patrol leader in Girl Guides, the UK version of Girl Scouts. She wore the uniform of a first aid patrol leader in Windsor Great Park in 1943.





Rhythm of Daily Life...

Our love for Classical Music has us regularly enjoying a quiet afternoon with the record player, watching the old LP's turn on the turn table, with some easy listening records, a small plate of cheese, biscuits and fruit with our choice of Beveridge. A lovely way to spend the afternoon.





Rhythm of Daily Life...



We wish to acknowledge our Cleaning Team—just a couple of pictures here but they have really stepped up to the plate. Trinity is cleaning high traffic and touch point areas three times per day. We are all in this together.





Rhythm of Daily Life...

Rest assured we are keeping ourselves busy during the day with Exercises, Craft, keeping our hands and minds going, thanks to the Lifestyle Team and Care Staff, our focus is on Relationship care.





Rhythm of Daily Life...

We have also commenced disco dancing that has gotten everyone up and moving! A great way to exercise and for some of our Elders we are using Montessori methods of engaging Elders in therapeutic activities.





Rhythm of Daily Life...

Our organic mini oranges are ripe and we took time to pick some to eat. Sandy was a great help and reward for effort we got to peel and eat the fruits of our labour.



Robert and Hira share a happy moment together.

Wonder what joke was told?



Rhythm of Daily Life...



On some of these lovely afternoons we have taken the opportunity to get out for walks around the block or in the local park—these photos taken pre mandatory mask wearing.





Rhythm of Daily Life...



Gone fishing. We celebrated Ocean Week and we had some fun



Carpet Bowls—a great low impact sport with therapeutic benefits such as improvement of co-ordination, skills and confidence.



Thank you David who is always willing to help us out especially with putting our Newsletters together.



Rhythm of Daily Life...



Anna enjoys doing jigsaw's. Did you know completing a Jigsaw Puzzle can give that feel good effect which is the production of dopamine in the brain, leaving a person feeling happy and gives a feeling of self satisfaction.

Donations of large sized puzzle would be gratefully received!



Enid and Betty finish off their creation.



Thank you Pam and Maria who helped in some of our office work.

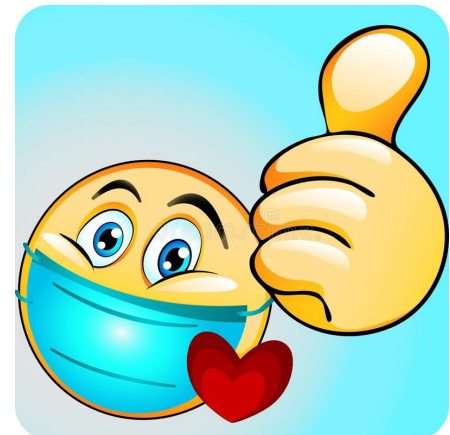




Rhythm of Daily Life...

Stan and Therese show us how it is done—wearing our masks whilst out for our regular morning/afternoon walking mini groups.

Their message to all: If we can do it so can you!!





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

Memory



BOOST

CARE

CHEER

DELAY

ELDERLY

ENCOURAGE

ENJOY

EXERCISE

FAMILY

HEALTH

LEARN

LIVE

LOVE

MEMORY

NOURISH

ONSET

RECOLLECT

REMEMBER

RETAIN

SAVE

SHARE

Courtesy of wordsearchrus.com





Wishing the following Elders the Most Happiest of Birthdays.
Birthday for Months of August & September 2020



Birthday joy pre-mask days.
Joy, Maria, Pam, Kathleen and opposite page Angela
All enjoying their day





Enid enjoyed a special Window Birthday celebration with family.

Her request was Wine & Cake—how could we not follow up with this birthday request?

Family joined in and organized ZOOM calls amongst Enid’s large family of children and grandchildren.

Such a happy occasion.



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

CANCELLED DURING COVID 19

RESTRICTIONS

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

WINDOW VISITS

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 3.00pm,

Please refer to your emailed letter for booking instructions



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?

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.

ELDERS OUTINGS

& HOME VISITS

Reminded that due to Stage 3 Lockdown

Please think about escorting your loved one home for visits or gatherings in a bid to not only protect your family member but other Elders living at Trinity and Staff.

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.

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

MEALS with Elders

Reminded that due to Stage 3 Lockdown

in Victoria we are unable to accommodate meal for Visitors.