

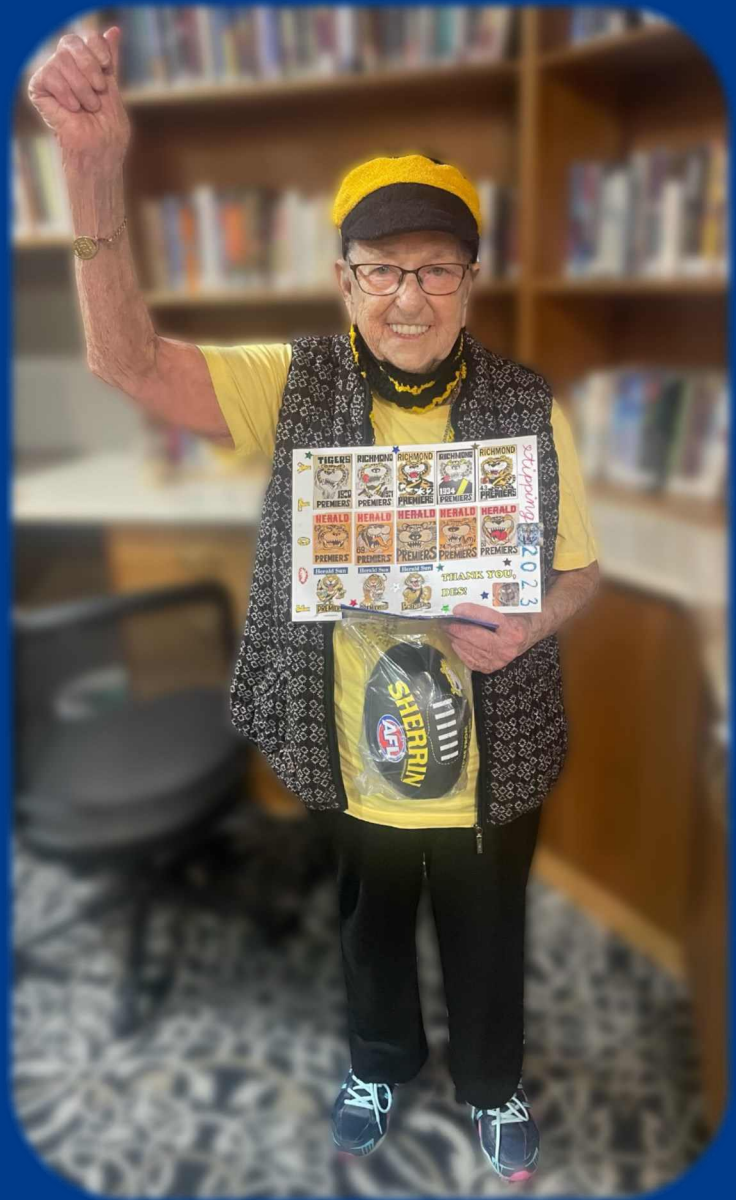


TRINITY MANOR BALWYN

NEWSLETTER

SPRING –2023

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What's new at Trinity Manor?

Welcome to Lifestyle! We are pleased to welcome a new *Lifestyle Assistant*, Bianca, to our team.

Oh, where has the time gone? Christmas is just around the corner, and you can see the beautiful spring colours in the gardens. As part of spring cleaning 2023, the reception will have a grand makeover during November. Stay tuned for any updates!

As the sun comes out more often, the staff will encourage Elders to spend a little more time outdoors soaking up the rays and building up their Vitamin D levels. It is a good time to check if Elders have a sun hat.

Together, we have been working towards increasing the variety of activities and challenges every week so that there is a diverse range of recreational pastimes to increase spontaneity and enjoyment every day.

One event that was thoroughly enjoyed by Elders was the Footy Tipping Awards. We got to enjoy the competitiveness between all, and we got to see who had the best AFL knowledge—it was definitely not us!

We got to see the wonders of Vietnam and Egypt during armchair travel, and we even participated in a range of physical activities, events, and a BBQ.

We are so excited to start implementing a few new ideas before the end of the year, so stay tuned!

Kind Regards,

Bianca, Merran, and Virginia



Upcoming events you can join!

We have updated our weekly planners, so please keep an eye out for any specific activities you would like to attend. Below is a list of some of our 'bigger' events. You are all welcome to join if you please!

Upcoming Elders Meetings:

- Tues 5th Dec – 10.30am to 11.30am (*Lower Ground Floor*)

Upcoming Performers/ Entertainers:

- Mon 30th Oct – 13.30pm to 14.30pm: Frankie Powell (*Lower Ground Floor*)
- Mon 27th Oct – 13.30pm to 14.30pm: Margaret Dennis (*Lower Ground Floor*)
- Tues 19th Dec – 13.30pm to 14.30pm: Alex Kyle (*Lower Ground Floor*)
- Fri 22nd Dec – 13.30pm to 15.00pm: Santa Clause (*Lower Ground Floor & Rooms*)

Upcoming Sausage Sizzel:

- Mon 6th Nov – 14.00pm to 15.30pm (*Front Garden & Café*)

Events are subject to change, however, in the likelihood of this happening, all information will be on our weekly activities sheet, left in reception.





FOOTY

As the AFL teams were fighting this season to be in the Top 8, we all participated in a friendly competition to see who could end up on top! Once a week, Des would tally up the weekly scores of each of us. As the weeks kept piling on and the heat on the field grew, not only were we provided with the top 8 AFL finalists but also the top 3 winners of footy tipping. Congratulations to Betty for coming 3rd, Robert 2nd, and John 1st. As a gift, we provided each winner with a pack of AFL cards, chocolates, certificates, and for John, a custom 1st place trophy. To celebrate, we decorated the activity room with AFL colours, flags, and classic AFL magazines, and we watched a few AFL videos. The day was filled with laughter, colour, sausage rolls, party pies, and reminiscing about the AFL seasons and history. This was enjoyed by all!



John



Robert



TIPPING



Stan reading an AFL book



Teresa and Des in Richmond



AFL decoration the Elders made



AFL history books and cards



Elders watching the History of AFL



Robert enjoying party pies

FATHER'S



Stanley and Douglas



Kath, Dough and Robert



Sam in awe of the performance



Shirley and Ron



Enjoying the entertainment

DAY



Margery and Teresa



Robert and Douglas



Shirley, Margery and Teresa



Nan



Stan



HAPPY FATHER'S DAY



Manisha playing the maracas



Douglas and Manisha dancing



Sam, Elaine and Peter

We celebrated Father's Day, with a special guest, Rebecca Jess. We enjoyed wine and an assortment of cakes as Rebecca performed heart-warming classical music. We loved the performance, and we were all moved by these joyful songs, especially as Rebecca sang Ave Maria in Latin. Doug and Manisha brought us so much entertainment and laughter as they danced. We were also given the chance to join in with instruments. This day was one to remember!



Des and Ron



Shirley, Doug, Enid, Pam, Bob and Nan



Pam and Bob



David, Teresa and Stan

We celebrated Grand Final Day on Tuesday, September 26th, with a special BBQ prepared by our Head Chef, Mohan. We got a selection of wines, apple juice, and lemonade to enjoy in the warm sun while enjoying a replicated Bunnings sausage sizzle. We were lucky enough to be visited by Scruffy, Jan's dog.

GRAND FINAL DAY BBQ





GRAND



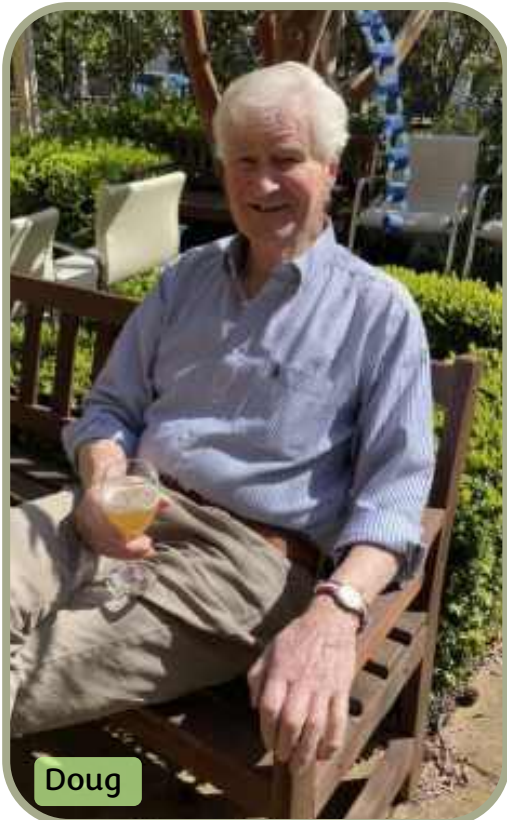
Stan



Des and Teresa



Margery and Maureen



Doug



Des



Ron and Robert

FINAL DAY



Nan, Shirley and Jan



Charles, Shirley and Doug



Shirley and Doug



Robert



John



Genazzano Girls



Genazzano Girls with Shirley, Ron and Nan

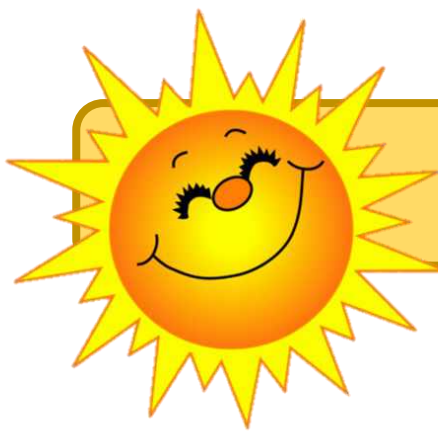
We were lucky enough to have the Genazzano girls come every Monday. We enjoyed playing Scategories with them because we all loved to outsmart the girls by creating answers to questions that lie outside the box.



Genazzano Girls with Robert and Bob



Sam



Rhythm of Daily Life

Piano Volunteer



Sam reading music



Angel reading music

Ben is a wonderful pianist that plays classical music for us to listen and sing to. Ben comes in once a month and plays a few songs of his own and then takes on requests. We often request songs such as 'Scarborough Fair', 'Over the Rainbow' and many more.

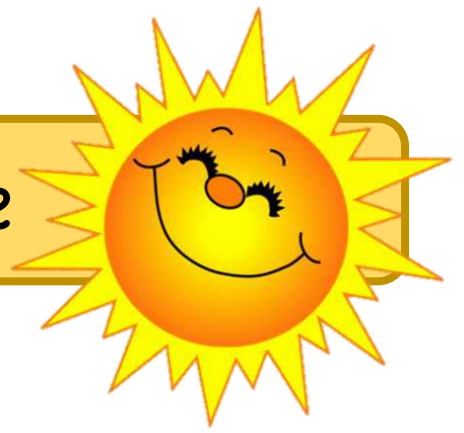


Elder's singing along with Ben



Margery reading music

Rhythm of Daily Life



Knit and Natter



Elaine



Margery



Joan and Roz volunteer every second week to knit with us. Each square that is finished goes towards a blanket for children in need.



Maureen

Leatherman

Peter and Robert



Ron and Des



Peter visits us every month for leather craft. We make coin purses, cases for our glasses, bags and many more. We are able to stamp our own letters to customize our leather goods.

Teresa



Sam and Charles



Bus Trip



Sam



Keith



Claire and David

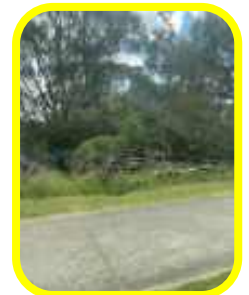
Our bus trip includes café visits and scenic tours around Melbourne, driven by Keith in our Trinity bus.

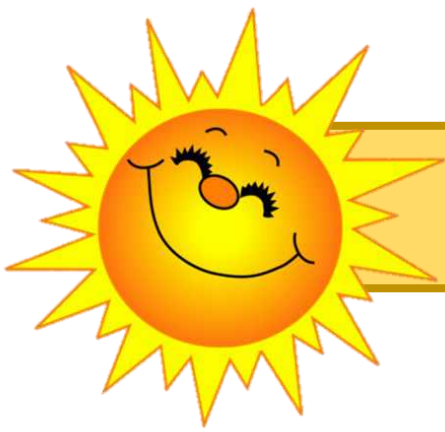


Elaine



Sam and David





Rhythm of Daily Life

Bingo



Sam and John



Maureen and Ron



Anthoulla

Every Wednesday, we are treated to a game of bingo with one of our friendly volunteers, Kath. Everyone wants to be 'Bingo Champion' to win a Chocolate.

Arts and crafts is a fun activity we do to relax. We do a range of painting, crafts, colouring and drawing.

Arts and Crafts



Teresa, Des and Nan



Shirley

Rhythm of Daily Life

Memory Games



Des, Teresa, Merran, Betty and Maureen



David

'Mystery Box', the 'Concentration/ Mix and Match Game' and the 'Reminiscence Game' are always fun activities to start and end our busy days.



David putting his hand in the 'Mystery Box'



Helen

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 must be signed out whenever they leave the facility and signed back when they return.

See a Care Manager for the appropriate form based in the Elders file.

BOOKING OF CAFÉ

It is wonderful to see families celebrate special occasions with their Elder and so, we are in the process of reopening our café. 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.

More information regarding the opening and booking system of the Café will be sent out to families soon.

SAFETY AND 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 a 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 alarms 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.

MAIL

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.



If you would like to contact the Lifestyle team for any assistance or ideas, we would love to hear from you.

Please contact us on:

Lifestyle@trinitymanor.com.au

Kind regards,

Bianca, Merran and Virginia



ELDERS MEETING

Our next Elders meeting will be held on **December 05 2023.**

Families are free to join these meetings and discuss any matters with the lifestyle team. Keep an eye out on the weekly planners as a reminder of these meetings.

Nursing Queries

ONLY:

Direct Phone number for Care Manager:

Ground Floor is **9091 5244**

First Floor is **9091 5299**

Main Reception Number

for all other General Enquiries:

9091-5200

VISITORS SIGN IN

LOCATED AT RECEPTION

Visitors are reminded that **ALL** visitors need to sign the visitor's tablet 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 tablet is located in the entrance foyer.

Priceline Pharmacy is the Pharmacy Group who supplies all medications.

Address:

109 Canterbury Road,
Blackburn

For Queries Contact:

9877-2525

FOOD BROUGHT IN

If visitors bring food for the Elders, please see the Care Manager first, as specific forms in the 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 allergy that may prevent them from eating the food including the possibility that they may choke.

ELDERS CLOTHING

Please remember:

When bringing in new items of clothing, please put these in a bag with that Elder's full name and room number clearly written on the bag and on the item of clothing and then given into the Nurses station.

