



Merry Christmas

**My Christmas wish for you, my friend
Is not a simple one
For I wish you hope and joy and peace
Days filled with warmth and sun**

**I wish you love and friendship too
Throughout the coming year
Lots of laughter and happiness
To fill your world with cheer**

**May you count your blessings, one by one
And when totaled by the lot
May you find all you've been given
To be more than what you sought**

**May your journeys be short, your burdens
light
May your spirit never grow old
May all your clouds have silver linings
And your rainbows pots of gold**

**I wish this all and so much more
May all your dreams come true
May you have a Merry Christmas
friend**





What is dementia?

Given the recent media coverage on dementia and the increased focus on understanding dementia, further research and improved management of residents with dementia I thought it appropriate to write an article this month on Dementia.

On 10 August 2012, the Australian Health Ministers recognised dementia as the ninth National Health Priority Area.

Dementia is a term used to describe various symptoms of cognitive decline such as forgetfulness, but is not a clinical diagnosis itself until an underlying disease or disorder has been identified.

Dementia is a collective term used to describe the problems that people with various underlying brain disorders or damage can have with their memory, language and thinking. [Alzheimer's disease](#) is the best known and most common disorder under the umbrella of dementia.

Dementia is not a single specific disease. It is an umbrella term describing a syndrome associated with more than 100 different diseases that are characterised by the impairment of brain functions, including language, memory, perception, personality and cognitive skills. Although the type and severity of symptoms and their pattern of development varies with the type of dementia, it is usually of gradual onset, progressive in nature and irreversible.

In 2011, there was an estimated 298,000 people living with dementia in Australia. Among Australians aged 65 and over, almost 1 in 10 (9%) had dementia. And among those aged 85 and over, 3 in 10 (30%) had dementia. As Australia's population ages, more people will be affected by dementia.





With the projected rise of Australia's aged population, it is estimated the number of people living with dementia is projected to triple to around 900,000 by 2050.

Types of Dementia

Alzheimers: between 60% and 80% of all cases of dementia

Vascular Dementia - the second most common type of dementia. It is associated with problems in the flow of blood to the brain such as stroke

- Dementia with Lewy Bodies;
- Korsakoff's Syndrome (Alcohol related dementia);
- Dementia with Parkinson's Disease; and
- Huntington's Disease.

Light cognitive impairments, by contrast, such as poorer short-term memory, can happen as a normal part of aging (we slowly start to lose brain cells as we age beyond our 20s !!!). This is known as age-related cognitive decline, not dementia, because it does not cause the person or the people around them any problems.

Dementia describes two or more types of symptom that are severe enough to affect daily activities.

All dementias are caused by brain cell death, and neurodegenerative disease, progressive brain cell death that happens over a course of time - is behind most dementias.

A person with dementia may show any of the following symptoms:

Recent memory loss - a sign of this might be asking the same question

Difficulty completing familiar tasks

Problems communicating - difficulty with language by forgetting simple words

Disorientation - with time and place, getting lost on a previously familiar street



Poor judgment

Problems with abstract thinking – e.g.: dealing with money.

Misplacing things - including putting them in the wrong places and forgetting

Mood changes - unlike those we all have, swinging quickly through a set of moods.

Personality changes - becoming irritable, suspicious or fearful

Loss of initiative - showing less interest in starting something or going somewhere

Brain cell death cannot be reversed so there is no known treatment to cure a degenerative cause of dementia symptoms or fully halt its progress. Management of disorders such as Alzheimer's disease is instead focused on providing care and treating symptoms rather than their underlying cause.¹

Symptoms of Alzheimer's disease can be reduced by drugs to help improve an individual's quality of life. These are prescribed once a diagnosis is confirmed.

Care for the resident with dementia is based on having a good knowledge of the resident's lifestyle, preferences and typical behaviors and why the lifestyle booklet is so vital. I encourage all relatives and representatives to communicate with the staff on any facet of the resident's lifestyle to assist with ensuring care and activities can be provided according to the residents needs.

Staff are provided with training and skills to manage residents with dementia care and use a multidisciplinary approach to managing the resident. This knowledge provides the resident with support at a level required to maintain their well being. In providing the necessary support for an individual, the facility encourages the resident to maintain their independence, preferences and chosen lifestyle as much as possible. If you would like further information about dementia: National dementia helpline: 1800 100 500

References: Alzheimer's Association.

Marita Seamer - Director of Nursing



Invitation

*Management and Residents
extend an invitation to our
Families, Friends & Volunteers to join
with us to celebrate the Christmas season
and the past year at our Annual
Christmas Party.*

Tuesday 10th December 2013

3.00pm ~ 7.00pm

*Entertainment by Peter Robbers followed
by Refreshments and a light meal of
finger food.*

*Christmas carols will be sung together
following the dinner service.*

Visitors :\$Adults 10.00 ,

Children under 12 years \$5.00

*Please RSVP to administration staff for
catering purposes by the
2nd December 2013.*

Please join with us.



Spring Racing Carnival

Oaks day saw a most colorful display of hats at Myrtleford Lodge. Hand made, recycled, pre loved and those with a story to tell were all adorned and paraded before our judges Tib Ruaro and Ray McConville, on Thursday 7th November. A beautiful seafood lunch prepared by the catering team was enjoyed, followed by the parade of hats, a glass of champagne and music.

(I am not sure that anyone actually watched the races,).



Pictured are some of the winners, Ruth Cross, Vanda Rinaldo & June Lockwood being presented with prizes by our wonderful volunteer Rita Squario who was a fantastic help to Eril on the day.

Pictured are our Judges, Ray & Tib with Mary Ruaro and Rita Squario. Also pictured wearing the overall winners tiara is Marie Leita with Elvie England.





Spring Racing Carnival

Pictured are the ladies busily making hats for oaks day, Lorna Wills, Mary Zamperoni, June Lockwood and Elsie Gaylard.



Clockwise is Ellane Sorrell, Elsie Gaylard, Jean Lacy, Chiara Comito, Rita Giollo, and Raising a toast is Nancy Bevan.

Well done to all of the ladies, the hats were beautiful and the ladies even lovelier.

A great days Entertainment.





Out and about in the Garden

Myrtleford Lodge Residents have been enjoying spending some time out in the gardens at the lodge recently with the onset of some warmer weather.

Our new garden at the front entrance is growing well thanks to Jack Cox pictured, who is doing a great job keeping the water up to all of the new plantings.

The memorial garden is looking a picture thanks to the hard work by the Residents with the plantings, weeding, watering and even our cooking group made Marmalade Jam with the sales going towards the purchase of two additional roses.



Pictured in the garden are three of our Resident gardeners, Jack Larkin, James Shanks and John Newth, Or is that Bill or Ben, the Flowerpot Men?



Concerts

This past month we have been treated to several musical concerts on the Activities Calendar. The ever popular Peter Robbers was on this occasion accompanied by Dorothy McNeil, " The Two Ukes " entertained us for the very first time with everyone in attendance hopeful of a return visit, our very own Italian



Chior led by
Our Volunteer
Rita Sqaurio,
And Ray
Murtagh and
Pete on the
Double Base.



Jack Werner
enjoying the
concert.





Happy Hour



Pictured are many of the residents who come together to enjoy an hour of friendship, fun and much laughter at our monthly Happy Hour.

The cooking group below baked sausage rolls for the occasion, and the new monthly activity of "This is your Life" was unveiled with John Newth being the first in the spotlight.





This is your Life

The Activities Program has commenced a new activity called "This is your Life". John Newth was the first of our Residents to be given the crown and asked a number of questions relating to his life so far.

For those of us that know John well, we know that he has a great sense of humor making the story both interesting and funny. John was a local Whorouly boy who met and married his sweetheart Faye a "City girl", and together they settled on the family dairy farm in Whorouly East milking cows twice per day. John enjoyed playing Sports, Football for both Myrtleford and Whorouly, as well as being a Keen tennis player.



Happy Birthday

Con Leita 15th December

Dennis Kneebone 17th December

Eduardo Maccioni 29th December



Congratulations & Happy Birthday from the Residents and Staff at Myrtleford Lodge,
We hope that you enjoy a great day of Celebrations with your families and friends.



Activities Program

Activities staff encourage Residents wishing to help with the planning of the activities program to attend the **planning meetings** held each month. Next meeting 1.30pm Monday 2nd December. All ideas are most welcome.

Newspaper reading followed by gentle exercises is held each and every morning in the activities area.

Every Thursday morning, **Laughter**

Therapy with our volunteer Kym commences at 9.30am, it's a great way to start the day just come along and join in.

Cooking with Mandy on a Wednesday is always popular, again the more the merrier. (Too many cooks never spoil the broth!)

Short stories, Singalongs, Bingo, Word Challenge, Craft, Movies, Scrabble, Garden walks, Country drives, Happy Hour, these are just a few of the activities listed on the program.



Pictured above are some of the Residents enjoying **indoor bowls** as well as June Lockwood and Grace McKie who have been Busy at **craft** making hats for the Residents

Christmas Party to be held on the 10th December. Also pictured is this group of ladies who go for a **gentle walk** twice each day following lunch and dinner.



Picnic in the Park

On Wednesday 27th November, Erna Weller, Frank Kennedy, Gwen Wood, James Shanks, June Lockwood, Mary Zamperoni and Jack Cox all boarded the



Myrtleford Lodge Bus in beautiful spring sunshine. The residents, along with our volunteer, Julie Carter and

staff member Mandy Morrison headed off along the picturesque Great Alpine Road to Bright where they enjoyed a picnic of Fish & Chips in the park.



*Residents and Staff were saddened to farewell
Maria Bonacci
who passed away on 21st of November 2013.
Our sincere condolences are extended to her family and
friends.
Riposi in pace*

A note from the Administration desk

Correspondence;

Residents and Resident representatives received with the December accounts two documents that we would appreciate being completed and returned to Administration;

1. Fire and Evacuation survey
2. Residents Christmas Plans.



Thank you to the many who have returned these to us already, if you require some assistance in completing the forms we are more than happy to assist.

Coat hangers;

Many of our Residents and families will have noticed that all of the wire coat hangers have been replaced with plastic ones. Should you have any plastic coat hangers available to donate we would really appreciate them.

Thank you;

Thank you to our wonderful families and Friends of Myrtleford Lodge who have assisted us throughout the year in so many ways.

We are very fortunate to be always greeted by you like we are Family with care and support shown to us, sometimes we are even spoilt with vegetables from the family Garden.

Your help whilst crucial to the smooth running of the facility is also very much appreciated by us all as well as your loved one.

From the Staff at Myrtleford Lodge Aged Care we wish you and your families a very Merry Christmas and a Safe and Prosperous 2014.

We thank you for the privilege of working in your home.

