

ON THE GRAPEVINE

November 2013



Welcome to the November Issue of the Myrtleford
Lodge, Residents, family and Friends Newsletter
" On the Grapevine".

Friendship Garden

There is a very special garden
where the flowers of friendship grow,
It's nurtured by kindness
And concern that good friends show,
The seedlings are the helpful deeds
That friends so gladly do,
And love and laughter are the showers
That strength and renew
The roots are cherished memories
Of good time in the past,
And the buds are tender promises
That friendship's joys will last
It's a place of peace and beauty.



At Myrtleford Lodge Aged Care we are a very special garden
where friendships not only grow but many friendships are also
renewed.

Each month we are profiling some of the expected outcomes of Accreditation Standards.

This month we focus on Expected Outcome:

2.14 - Mobility, Dexterity and Rehabilitation

This expected outcome requires that:

Optimum levels of mobility and dexterity are achieved for all residents.

The focus of this expected outcome is:

Management demonstrates each resident's level of mobility and dexterity is optimized.

Residents/representatives confirm they are satisfied with the home's approach to optimizing residents' mobility and dexterity.

How we implement at Myrtleford Lodge:

During the residents admission, staff complete a Falls Prevention Checklist that documents falls history, medications, sensory status, gait and steadiness, transfers, reach, foot status and dizziness. A Falls Risk Assessment Tool is completed and a mobility care plan is developed. The mobility care plan includes a Mobility, Transfer and Falls Strategy that identifies equipment and assistance needs.


All residents who experience a fall, have a falls investigation completed and are seen by the visiting medical officer. Immediate emergency response is implemented according to the seriousness of any injuries sustained.

Analysis of data is conducted monthly on all falls and all available strategies are implemented which may include hip protectors, use of walking aid, sensor mats, review of the environment to ensure not cluttered, maintenance of equipment through preventative maintenance schedule, vitamin D administration, nutrition and hydration, pain management, environmental inspection checklists, continence management, podiatry visits, medication reviews and monthly review of care plan. The home provides a range of mobility equipment for the use of residents. A range of strategies are implemented to assist residents to maintain their mobility and dexterity and to recover from illness or injury.



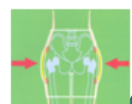
Care staff take an active part in targeted and individualized falls prevention care plans for residents, based on screening and regular assessment;



Dehydration (low fluids) can affect the balance and cause confusion and hypotension (low blood pressure). Encourage residents to drink 6-8 glasses of water per day during summer and winter. 

Resident's representatives can assist by encouraging and offering fluids when visiting.

Hip protectors can prevent / reduce hip fractures by 35-60% by absorbing the impact of a fall into the soft tissue and muscles of the thigh



We also have a physiotherapist that undertakes assessments of all residents on admission and then as required. The physiotherapist develops an exercise plan to assist with mobility and promotion of independence.

“Research has indicated that between 10% and 50% of falls in residential aged care facilities involve an environmental hazard, and over half of them occur around the resident’s bedside.” (National Ageing Research Instituted Oct 2009)

It is critical to ensure that the resident’s call button and personal items are in reach; that call bells are attended to promptly; that residents are assisted to the toilet at regular intervals; and that residents have the appropriate walking aids. Equally, appropriate equipment is required to minimize the risk of residents falling including use of low beds, falls mats and sensor alarms. This equipment is assessed and implemented by the care staff.

It is important for residents and their representatives assist with the falls prevention by ensuring the room is not cluttered and plenty of space is available to enable staff to provide care.

Myrtleford Lodge’s aim is to reduce falls as well as reduce the severity of injury following a fall. If you would like to discuss any concerns do not hesitate to contact the Registered Nurse, Amanda Graham (DDON) or myself.

Marita Seamer – Director of Nursing

November Birthday Celebrations



Grace Maguire ~ 6th November

Jack Lutge ~ 6th November

Grace McKie ~ 13th November

Elvira England ~ 13th November

Rosa Riella ~ 23rd November

Jean Lacy ~ 29th November (100 YEARS)

Congratulations and best wishes from us all.

Spring Racing Carnival

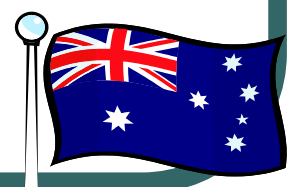
This month Residents will enjoy making hats to wear on the ever popular Oaks Day celebrations. Oaks day is traditionally celebrated with a special luncheon provided by our Catering Department, followed by "Fashions on the field" where we are all in awe of the beautiful hats and fashions on display. The parade with complimentary glass of champagne is to commence at 1.30pm, with everyone welcome. This year to inspire our millinery skills even further, Pat Easterbrooke will present a hat display of her extensive collection.



Thursday 7th November. Parade at 1.30pm

Lest we Forget

Remembrance Day (11 November) marks the anniversary of the armistice which ended the First World War (1914-18). Each year Australians observe one minute silence at 11 am on 11 November, in memory of those who died or suffered in all wars and armed conflicts. Myrtleford Lodge Residents and staff will observe a minutes silence at 11am on November 11/2013.



Jean Ethel Lacy

This "ode to a celebration of a fair lady " was given to me by the family of Jean Lacy. I thought that we all may enjoy a small section
Jean Ethel Lacy (nee Moore) Born November 29, 1913.

On a fair spring morn in the year of thirteen, a babe was born all pink and clean. A great joy she was to her Mum and Dad, with beautiful red curls that made everyone glad.

Eldest of four and five of her own, our Jean was one who could never be alone. There was Percy, Mavis and David to show how to get through life and always have a go.

At school she excelled in swimming and track, all the other kids only saw her heels or back, she sped through the reading, writing and arithmetic, no one could catch this lassie so quick.

So keen she was on the swimming scene, to be a champion was her lifelong dream. Every day to the Richmond Baths, our Jean never did things by halves.

On day she togged up before going to school, to save time changing when she went to the pool. She arrived at the pool to do all her laps, when suddenly there was a roar from the chaps.

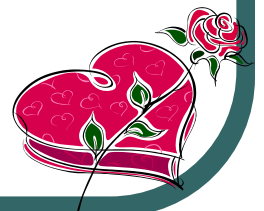
In her haste to get dressed on that summer morn, her panties over togs she did adorn. Not to be outdone and nobody's fool, off with her pants and into the Richmond pool.

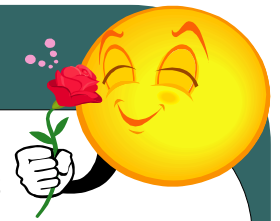
Yes our Jean holds a record still to this day, for dropping her daks in an unusual way.

Her beauty and personality was known far and wide, and she entered a quest to everyone's pride. Miss Henley on the Yarra was Jean's crown, and she became the toast of Melbourne town.

She worked at her trade and was enjoying her life, when Dad said it's time to become a good wife. Her father was a man of the cloth from Wesley, so she chose a handsome, tall man whose name was Leslie.

After courting and canoodling under the Richmond Bridge, our Jean did accept Les Lacy's proposal of Marriage. In 1936, they tied the knot and started life on their Melville Street





Jeans days were busy getting kids (5), off to school, plus ballet and concerts keeping her diary full.

She married off her children, the pride of the nation, and soon there started arriving a new generation, fourteen arrived to call her Nana.

Jean's progeny said this is grandkids enough, wait twenty odd years and you can do the Super Nana stuff.

Wait she did and true to their word, another generation, the third was to start .

By Mum, Nana, Super Nana and Jean you are known, we are all very proud of the way you have grown. You have taught us to care for and share with our kin, to welcome and feed everyone that comes in.

Pictured below with her grandson, Timothy, and great grandchildren, Daniel, Chloe and Ella is Jean Lacy who will celebrate her 100 Years November 29th 2013.

When the family came to visit from Canberra during the school holidays, they wanted to know where they could find, " Super Nan".

Yes she is certainly is a super nan!

Congratulations Jean on your 100th birthday milestone, enjoy the celebrations that your family, friends and the lodge have planned for you.





Pictured is June Lockwood enjoying the spring sunshine with a good book.

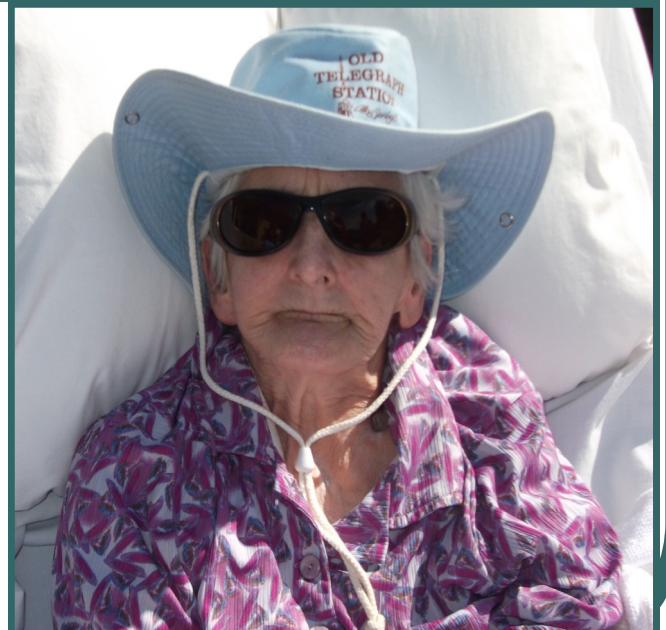
Enjoying the great outdoors, Trish Henson, Mandy Morrison, Jean Lacy, Jim Shanks, Jean Murphy, Polly Cleeland, Mary Pedder & Marie Lieta



Reminder to our Residents to wear a hat, some sun-screen and sunglasses when enjoying the outdoor sunshine.



Pictured is Irene Souris also enjoying this beautiful spring sunshine we are currently having



It's a dogs Life!

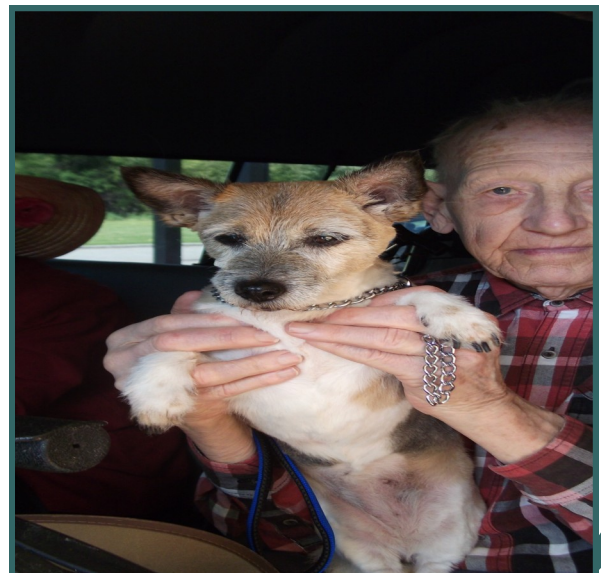
For those of you who know us well at Myrtleford Lodge , you will have also met our smallest Resident, " Chance", she is as you can see by the photos a very much loved and spoilt little girl.



Whilst the Residents have been

getting out and about in the Spring sunshine being active, it seems that chance is more inclined to enjoy hitching a ride by whatever means she can , pictured above with Trish Henson, and below with Edna Semmens and Mary

Pedder. After such an active morning it's time to put her paws up , on the most comfortable chair of course next to her good friend, Polly Cleeland. Just when you think life could not get any better for chance, she is off to the vet to have her hair and nails done, this time in the company of Jim Shanks.



A picnic by the river



Residents last week were lucky enough to have been treated to a picnic by the river in the beautiful garden of Sally and Ernie McDonald. Sally donated some Russell lupins to be planted in the lodge courtyard by the newly formed gardening group. Pictured enjoying the beautiful surrounds is Lorna Wills, June Lockwood & Ellane Sorrell.





Pictured enjoying the garden and some afternoon tea on a glorious spring day were , Gwen Wood, James Shanks, Lorna Wills, June Lockwood, Ellane Sorrell, Frank Kennedy and Jack Cox





Happy Hour

Residents have been enjoying a late afternoon get together one evening per month to share some refreshments and on some occasions some nibbles made by the cooking group.

Pictured clockwise from the top

is Antonio Bonato, Rosa Riella & Rita Giollo, Elvie England, Erna Weller, Elsie Gaylard & Ruth Cross, John Newth, Jack Larkin and Lorna Wills.



Musical Melodies



Each week in the C Wing sitting area our lovely piano player, Gwen Wood treats us all to a morning of beautiful music. Some of the Residents make requests of songs of remembrance and some Residents even like to help tinkle the ivory, either way it's a very much enjoyed and looked forward to activity.



Student Visits



One morning each week students from Marian College visit Myrtleford Lodge Aged Care as part of their community Involvement studies.

Students join in a number of activities during the morning with the men enjoying a game of Pool as well as joining in with some music and a singalong. Pictured below is Josh Grundy, teacher playing the guitar, Gwen Wood playing the piano and one of the students leading the rest of our choir of beautiful voices.



Italy on a plate !

Residents enjoyed an outing recently to "Italy on a plate", a new restaurant opened in Milawa by a past staff member Perina and her partner.

As the name suggests, traditional Italian fare was enjoyed by all who attended.

As well as a chance to catch up on old friendships, the outing was also a chance to celebrate the upcoming birthday of Rosa Riella who is pictured at the head of the table. with Vanda Rinaldo, Rita Giollo and June Lockwood.



"Bellissimo"





Resident Outings

Residents, families and friends are reminded to fill in the Resident Daily Leave register located at front reception when going out, this will just let us know who is in or out of the building at any time.

Melbourne Cup Day

Resident, Family & Friends are reminded that Tuesday, November 5th will be celebrated as a Public Holiday at Myrtleford Lodge Aged Care.

The administration Office will be closed on this day.



Podiatry Visits

Podiatrist dates for November are 25th & 26th

(25th, Wings A&B)

(26th, Wings C&D)

at Myrtleford Lodge

Rani will be the attending

Podiatrist from Aged Footcare Podiatry.



Maintenance Requests

Should you require any maintenance jobs to be completed, please ask the staff to write this request in the

"Maintenance request book"

Mick Dwyer our maintenance handyman, as part of his daily routine will look in the maintenance book for any jobs that require his attention and will complete them in a timely manner.

