



Welcome to the August edition of,
“ On the Grapevine”,
The Myrtleford Lodge Residents
& Representatives Newsletter

If you would like to receive a copy of
“ On the Grapevine”,
Please provide Administration Staff with
an email address, or alternatively all
Newsletters and monthly calendars can
be viewed by visiting our Website;
www.bentleywoodpl.com.au

Director of Nursing Report: August 2014

It is only timely that we discuss the accreditation standard 2.10 Nutrition and Hydration with the recent change to the Catering Staff. Lucy, Pam and Nicole have taken on the role of cooking with enthusiasm, changing the menu and some kitchen routines. The changes have been well received by all residents and we look forward to improvements continuing. More variety, more dessert options, delicious morning and /or afternoon tea and more choice.

We hope you all support the catering staff with these positive changes and if you would like any menu option or make any suggestions please see catering staff or complete an improvement form.

The standard requires that: Residents receive adequate nourishment and hydration. This is some of the ways we meet this standard at Myrtleford Lodge

Each new resident is assessed for dietary requirements. Residents' dietary requirements are assessed as part of the initial assessment process. Assessment includes documentation of weight, food preferences, allergies, special dietary requirements including diabetic diet and texture modifications, cultural / religious needs, appetite and assistance requirements. Assessment data is supplied to kitchen / administration staff and a dietary list is developed.



A care plan is developed from dietary requirements form and in partnership with resident/ representative. The oral intake care plan is reviewed as part of the monthly care review process or when there are observed changes in eating and drinking.

Cultural and religious customs with respect to food are also identified at the time of admission.

- Monthly weights and urinalysis included on Resident Of the Day checklist and Health Monitoring chart and significant variances are actioned/reassessed.
- Review of the menu by the Catering Manager is undertaken with input from the Dietitian and Speech Pathologist. More seasonal menus and options will be offered. Weekly changes occur in consultation with the Dietitian and from resident requests.
- Residents have input into the menu with the establishment of the Menu Planning committee – to be conducted quarterly. Membership is 2 resident representatives, Catering staff, Deputy Director of Nursing and Dietitian where possible. Information is also provided from improvement forms, surveys and resident meetings.
- Residents on a modified diet and those who report or are suspected to be experiencing swallowing difficulty are referred to the Speech Pathologist for assessment. The Speech Pathologist conducts visits and as referred by Doctor and/or Registered Nurse.

- The Dietitian conducts regular visits and as required visits as referred by Doctor, Registered Nurse and results from the weight loss audit. All diabetic residents are reviewed at least annually by the Dietitian.
- Diabetic resident management is an important consideration in relation to diet and nutrition. An annual cycle of care is attended to including a multi-disciplinary team approach including the Diabetic Educator, GP, Dietitian, Registered Nurse and Optometrist.
- Resident food satisfaction surveys are conducted as recommended by Dietitian annually. Residents are also invited to participate in a resident survey conducted annually and the 2013 survey indicated an 85% satisfaction with the meals offered. With the recent changes and positive feedback we are looking at improving on this satisfaction level.
- Annual training is provided for kitchen and care staff in the use of Dietary requirements and the change of dietary requirements form. This ensures safety is paramount with meals offered.
- Development of placemat for all residents ensuring the dietary needs easily identifiable for staff.

Quarterly weight / Body Mass Index audit is undertaken and the results are provided to the Dietitian, Registered Nurse and GP.

- This may result in the resident commencing supplements to support nutrition and hydration needs.



- The home supports residents to maintain adequate and appropriate nutrition and hydration by providing:
 - A nutritious and varied menu that has been reviewed by a Dietitian
 - Supplements and food additives to increase nutritional content as required
 - A wide variety of colours, textures and types of food.
 - A range of menu options for residents with diabetes and those on texture modified diets
 - Availability of snacks at all times
 - Opportunity to cook special meals and dine separately with visitors.
 - Meals that take into account individual preferences, likes and dislikes.
 - Acknowledging occasions of significance with special menus.
 - A range of assistive devices
 - Independent access to water fountain
 - Additional jellies, fruit crush and icy poles in hot weather or for those with reduced hydration.

We hope you all support Catering staff with the recent changes and if you would like any menu option or make any suggestions please see kitchen staff or complete an improvement form.

Marita Seamer

Director of Nursing

Friends of the library.

“ Friends of the library,” visited Myrtleford Lodge for morning tea on Friday, 11th July. The monthly social gathering usually occurs at the Myrtleford library on the third Friday of each month however the residents extended an invitation to hold the gathering at the Lodge on this occasion.

We enjoyed a wonderful response to the invitation with the morning declared a huge success and all in attendance suggesting this become a regular activity on the calendar.

Elvie England is to be thanked for her role as hostess for the morning, along with greeting all of our guests and making sure everyone was comfortable, Elvie cooked a variety of delicious treats for morning tea and along with our Catering Staff and our friends from the library, so much morning tea was enjoyed with everyone declaring lunch was not required.



Residents Property Lists.

During the past week we have been updating all Residents Property Lists and taking photos of jewellery for Residents files. We ask families and Residents to please advise us should any additional items be brought in to the facility so that we may keep these lists up to date.

A busy month at Myrtleford Lodge

Planting out the pansies donated to the Lodge by the Alpine Shire are, Jim Shanks, Cecelia Benini, Josef Meier with staff member Eril.

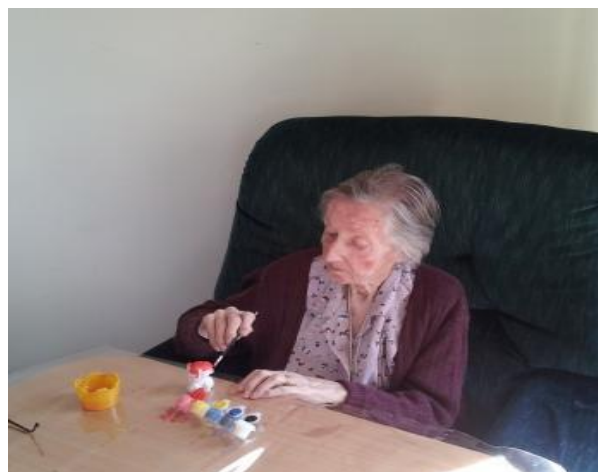


Elizabeth Maminski was all smiles enjoying her birthday celebrations during July.



Luigi Bon and Tony Bonato enjoy a visit from Lino Bon and our special little friend, Lilly.

Pictured below are Edna Semmens and Sheila Jarvis concentrating on their painting activities.



Dining In

Dining In at Myrtleford Lodge during this past month became a hive of activity in the A Wing Kitchen with Residents enjoying a beautifully prepared homemade Italian dinner of Gnocci, lovingly made by many of our ladies.

Maria Roso was the head chef using her family's recipe. Maria had many very capable helpers with Rita Giollo, Vanda Rinaldo and Rosa Riella all assisting in the preparation.

Thank you also to the volunteers who helped out on the day, Sandra, Tibby Ruaro's daughter was a wonderful help along with Mariuca Ceradini another of our friends who assists us whenever she can.

For many of the staff this was a cooking demonstration not to be missed as these traditional recipes are usually only passed down to family.

Pictured is Maria Roso enjoying her time in the kitchen.



Dining In



Pictured above rolling and cutting the gnocci is, Rita Giollo, Mariuca Ceradini, Maria Roso and Sandra Tanner



A most enjoyable meal was enjoyed by many with the Residents all agreeing to have another Italian themed dinner soon.

Bellissimo!

Students Visit.

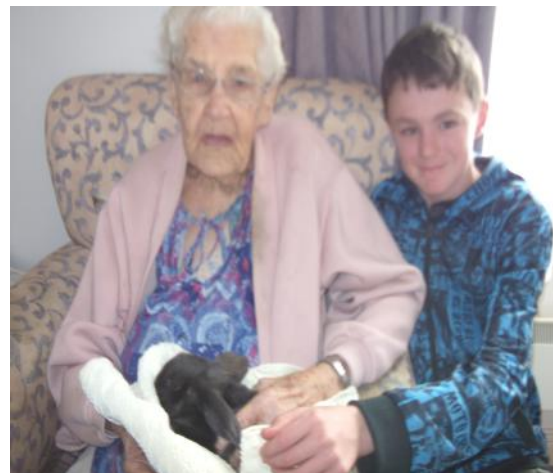
Students from St Mary's Primary School have commenced weekly visits to Myrtleford Lodge. During their most recent visit, three of the students joined in with Word Challenge assisting the residents to achieve a record score.

Following the visit, letters were received from the students which were read during the morning newspaper reading. Paris Holt wrote, " I appreciate everyone treating me kindly and being able to help out the elderly people".



Furry Friends.

Sharon Paull one of our staff members kindly brought in her prize winning rabbits for us to nurse again. They are very cute indeed.



A musical Afternoon.

Whilst the weather was particularly bleak outside on Thursday 24th July, Residents were warm and dry indoors being thoroughly entertained by a group of very talented local ladies who played a variety of instruments, sang and performed to a

very large and appreciative gathering of Residents.

We thank, Marilyn Miller, Dell's daughter, pictured on the organ and piano for organizing the afternoon of entertainment, the music along with the voices were beautiful.



Myrtleford Lodge Retains the Cup.

Residents from Hawthorn Village Bright, were once again welcomed to Myrtleford Lodge to participate in the return bowls tournament. An afternoon of bowling saw Myrtleford Lodge, after many close and competitive matches, retain the cup.

Following the bowls, Residents from both facilities enjoyed a beautiful afternoon tea together with Hawthorn Village vowing to win the cup from us on the next occasion.



Beautiful Donation



Thank you to Rita Squario, one of our lovely volunteers. Not only does Rita come in each Thursday to spend the morning with Residents, Rita also in her spare time knitted these most beautiful blankets for the Residents of the Lodge. We thank Rita most sincerely for

her very kind donation, with the cold weather I am sure they will be put to very good use.

Ladies in Red

Pictured during the week, all in matching scarves, full of smiles and ready to go for a walk in the winter sunshine are, Trish Henson, Madge Jose, Polly Cleeland and Nola McGeehan.





In loving memory of
Dorothy Ruffels
Passed away 4th July 2014.

Dorothy was a much loved Resident of Myrtleford Lodge, our sincere condolences are extended to her family and friends.

R.I.P.

In loving memory of
Veselka Antunov
Passed away 19th July 2014.

Veselka will be sadly missed by the staff and Residents of Myrtleford Lodge, we extend our sincere condolences to her family and friends.

R.I.P.

Now Showing
At the Myrtleford Lodge Theatre
Room

Friday 1st of August at 2.00pm

Daniel O'Donnell

“A musical tour of Ireland”

Friday 8th of August at 2.00pm

Teachers Pet

“Featuring, Doris Day & Clarke Gable”

Friday 15th of August at 2.00pm.

Going My Way

“This outstanding film won 7 Academy Awards”

Tuesday 19th of August at 2.00pm

Fleet of Flames

“Michael Flatley’s dance event of the decade”

Tuesday 26th of August at 2.00pm

Daniel O'Donnell

“The beautiful voice of Daniel O'Donnell”

So many Birthdays to celebrate this month.

Ruth Cross ~ 4th August

Mavis McConville ~ 9th August

Elva Bromilow ~ 12th August

Ted Byrne ~ 14th August

Mary Zamperoni ~ 17th August

Ron Cherry ~ 20th August

Nellie McCormack ~ 20th August

Dell Miller ~ 22nd August

Madge Jose ~ 29th August

From the Residents and Staff at Myrtleford Lodge, we wish you all many happy returns, enjoy your special day with your family and friends.

The August Birthday Breakfast is scheduled on the calendar for Wednesday 13th August.

Special congratulations to;

Adela Miller who will celebrate

100 years young , 22nd August.

Dell's family have planned a very special day for Dell to share with her friends at the lodge as well as a special family gathering on the following day.

Dell, we hope that you enjoy the celebrations.



Extension Update

The building extension continues to move along ahead of schedule with the painters having commenced work and moving through very quickly, tiles and floor coverings are currently being laid in the wet areas and joinery work is being installed.

Whilst we have enjoyed some beautiful spring sunshine we have also encountered some very heavy rain which has seen the workmen pump the water from the low lying areas into the drainage system.



Pictured last week is Brian Fitzpatrick, Director, assisting to pump the water.

Photos of the site as at July 23rd.



Till the next edition of “ On the grapevine”