



The story of Valentine



Every February 14th, candy, flowers and gifts are exchanged between loved ones, all in the name of St Valentine. But who is this mysterious Saint and why do we celebrate this day.



This is perhaps the most romantic of the myths;



The legend, also perhaps the best known, began in Rome, when the emperor, Claudius 11, was involved in many bloody and unpopular campaigns. "Claudius the Cruel", as he was called, was having a difficult time getting soldiers to join his military leagues. He believed that the reason was that Roman men did not want to leave their loves or families. So, he cancelled all marriages and engagements in Rome!

The good St Valentine, who was a priest in Rome, in the year 269AD, together with his friend St Marius, defied Claudius and continued to perform marriages for young ones in secret. When Valentines actions were discovered, he was sentenced to be beaten to death and beheaded. Whilst in prison, it is believed that Valentine fell in love with a young girl who visited him during his confinement. Before his death on the 14th of February, it is alleged that he wrote her a letter, which he signed

" From your Valentine "

In 496 AD, Pope Celcius set aside February 14th to honor

"St Valentine"



Each month we are profiling some of the expected outcomes of the Accreditation Standards. This month we focus on Expected Outcome:

2.12 Continence Management

Embarrassment and a misconception that bladder and bowel control problems are a normal part of ageing prevent Australian's getting effective treatment.

More than 4.8 million Australians have continence problems and urinary incontinence affects up to 37 per cent of women, compared to 13 per cent of men. About one in 20 people have poor bowel control due to constipation, diarrhoea or through weak back passage muscles as a result of childbirth or some types of surgery.

Around 70 per cent of people don't seek medical help – although most continence issues can be treated, better managed or cured.

"Women are often embarrassed so they don't talk about it, or they think it's normal to leak a little or to have to rush to the toilet. Women don't have to put up with this but the problem won't improve on its own,"

The Continence Foundation of Australia is advising Australians to 'improve their bottom line' by eating well, drinking well, exercising regularly, keeping their pelvic floor toned and practising good toilet habits.

The expected outcome of 2.12 Continence Management requires that: *Residents' continence is managed effectively.*

The focus of this expected outcome is 'results for residents' and staff and as follows:

Management demonstrate its practices in continence management are effective in meeting residents' needs

Residents/representatives confirm their continence needs are being met.

Myrtleford Lodge conducts regular continence assessments in consultation with residents/representatives and others about continence needs and preferences.

On admission a detailed history including symptoms is completed with a review of existing medication to determine if certain drugs precipitate or exacerbate the condition for example, diuretics, analgesics as well as fluid intake.

An assessment of the assistance Residents require as well as the details of required continence aids are recorded.

All the data collected from the assessment is incorporated into individual Resident care plans to ensure your continence needs are met. The care plan includes strategies for maintaining or restoring residents' continence where appropriate.

The staff regularly review continence management to determine its effectiveness in meeting the needs of the residents as well as collecting and review data to monitor urinary tract infections.

Myrtleford Lodge uses a particular company called Lille which provides us with a comprehensive continence range to suit all types of continence issues. Lille also provides the staff with ongoing education on the products we use as well as how to manage the continence program effectively.

Continence management also involves the care of catheters and the Nursing staff has the competency to ensure this specialized nursing task is managed effectively.

Various aspects of health and personal care are assessed to ensure effective management of residents' continence, such as skin care and nutrition and hydration.

Continence Management is managed collaboratively between the staff undertaking the assessment, the provision of care needs as well as communicating with you any concerns. You have a right to independence, privacy and dignity as well as the choice as to what products are effective for you.

If you have any questions regarding the range of products available and continence management please do not hesitate to speak to the care staff so we can provide you with a product that is suitable to your needs.

Marita Seamer

Director of Nursing

I am, you are, we are Australian.

Australia Day was celebrated at Myrtleford Lodge during the past week with many varied activities, the movie, "Cliff Young" was shown in the cinema room as well as a quiz on all things Australian. Residents also enjoyed a very Australian lunch of Roast lamb followed by Pavlova and Green & Gold jelly cups, with Lamingtons for afternoon tea. The evening meal was a sausage sizzle that was a great hit with all of the Residents.

Some Australian Trivia;

Australia is a natural wonderland of beautiful beaches, crystal blue waters, amazing ancient rock formations and pristine rainforests. Occupying an entire continent of some 7.6 million square kilometres, Australia is the sixth largest country in the world.

Our ocean territory is the world's third largest, spanning three oceans and covering around 12 million square kilometres.

For tens of thousands of years, the lives and sense of cultural identity of Indigenous Australians were inextricably linked to the land, its forms, flora and fauna. Today, the identity of all Australians is linked to a relationship with the natural environment. Nearly seven million square kilometres or 91 per cent of Australia is covered by vegetation.

Our country is one of the most urbanised and coast-dwelling populations in the world. More than 80 per cent of Australians live within 100 kilometres of the coast.

Australia has over 40 world heritage listed places with its historic townships, bustling cities, vivid landscapes and exotic flora and fauna all adding to its unique appeal. Actually, much of our exotic flora and fauna cannot be found anywhere else in the world.

The culture and customs consists of a rich tapestry of nationalities including traditions, legends, myths and folklore. The Indigenous 'Dream Time' forms the base of tens of thousands of years of spiritual aboriginal art and culture.

In Australia over 200 different languages and dialects are spoken, including 45 Indigenous languages. The most commonly spoken languages (other than English) are Italian, Greek, Cantonese, Arabic, Vietnamese and Mandarin.

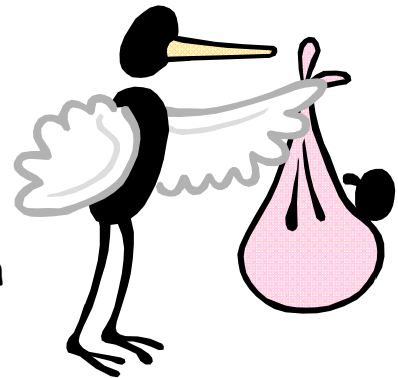
Australia is a stable, democratic society with a skilled workforce and a strong, competitive economy. With a population of 23 million, Australia is the only nation to govern an entire continent and is the sixth largest country in the world in land area. Australia's multicultural society includes its Indigenous peoples and migrants from some 200 countries.

Happy Australia Day



Congratulations

Our congratulations are extended to Ivan Jelinic who became a grandfather to a beautiful little girl called Tomika on January 14th 2014. Tomika is pictured with her proud parents, Ivan's daughter Ana and son in law Rowan.



Tomika is also a little sister to a very excited Declan and Ruby.

Our love and best wishes to all the family.

A new baby to love and cherish.

February Birthdays

Rita Giollo ~ 14th February

Joseph Driscoll ~ 19th February

Antonio Bonato ~ 21st February

From all of us at Myrtleford Lodge Aged Care we wish you a very Happy Birthday, may you enjoy a day of celebration with your family and friends.



Hip Hip Hooray

Mavis McConville, pictured, has commenced a new craft idea that's getting everyone involved. Knitting bags with material. They are very impressive. A great way to spend an afternoon inside on these very hot days we are having.



Every Wednesday morning the Myrtleford Lodge Bus will transport Residents to the township to do any shopping that they may require for the week. Pictured waiting for the bus are good friends, Rosa Riella and Speranza Morassut.



Each month a Birthday breakfast is held for all of the Residents who are celebrating a birthday during the month. Edna Shephard was one of our January Birthdays, as well as a birthday breakfast on the day, Edna

also enjoyed afternoon tea with the Residents and her extended family. Edna is pictured with her daughter Francis.

This is your life, Elsie Gaylard.



This past month Elsie Gaylard was given the honor of wearing "the crown" during the Residents get together where she answered questions relating to her life so far:

Elsie was born and raised in Colac one of 12 children, her father worked as an engineer with the Colac Dairy and her mother stayed at home raising the children.. Elsie described her parents as extremely loving, wonderful parents and her childhood memories are always of very happy times. Elsie remembers fondly helping her little brother who was crippled at the age of 2 years with Rheumatoid Arthritis, this was of great help to her parents and she loved him dearly.

Elsie was to meet and marry her sweetheart, Jack Gaylard who worked in the flaxmill industry in Colac. During the war years the government sent Jack and Elsie to Tasmania where they lived in several townships where they had flaxmills. Five years later, after the war ended and flaxmills closed in Tasmania, Jack and Elsie returned to the mainland and settled in Myrtleford with John, the first of their 5 children. Elsie and Jack then had twin girls, Julie and Jenny, followed by Bill and eight years later Raymond arrived to complete their family. Elsie was kept busy raising their children, when the youngest entered High School, Elsie went to work at the local hospital as a cook and later on became the caretaker of the Myrtleford Shire. Elsie has been a very large contributor to the local community being an active member of the CWA, local mothers group, she held the position of President of the local craft group for over ten years as well as time spent with the Girl Guides and Scout groups. Elsie is a very proud mother, grandmother and great grandmother, she takes much pride in her family.

This months Special Events on the Calendar;

Chinese New Year;

- *Friday 31st January ~ Chinese yum cha luncheon to welcome the Chinese new year "Year of the Horse"*



Entertainment by Ray Murtagh;

- *Friday 14th February ~ Always a popular entertainer.*

Bowls tournament; Friday 7th February

- *Hawthorn Village Bright to visit Myrtleford Lodge.*

Cooking with Mandy; Wednesday 5th & 12th

- *Valentines Day Chocolates.*



Movie Afternoons: Coming soon in February.

Do you have a favorite Movie or is there a movie that you have heard about and have always wanted to see, please let the Activities Staff know as each and every Friday afternoon in the Theatre Room one will be shown. From next month a movie brochure will be available for Residents to view showing upcoming movie titles, dates and times.

Farewell

Myrtleford Lodge staff and Residents were saddened to farewell two of our dear Residents during January.

Edna Croft ~ 4th January 2014

Irene Souris ~ 10th January 2014

Our sincere sympathy is extended to the families.

R.I.P.

Morning Exercises



Pictured is a group of Residents who each and every morning go through their morning exercises.

Residents are reminded that everyone is welcome to join in at 09.30am in the activities area, so come along and join in.

Carpet Bowls

Myrtleford Lodge Residents are pictured practicing for



the return match with Hawthorn Village Residents on February 7th.

Hawthorn Village were the victors last time so keep practicing.

Not that we are playing for sheep

stations though, just bragging rights!

Happy Hour



Pictured enjoying each others company at " Happy Hour " is Jean Murphy and Polly Cleeland .

Happy Hour is held each Wednesday afternoon with the Residents cooking the snacks to enjoy with a cold lemonade, beer or wine.

Here's cheers to friendships old and new, Residents, Mary Zamperoni, Rosa Riella, Seranza Morassut, Chiara Comito and Elsie Gaylard.



Laughter Therapy

Each and every Thursday morning the Residents are lucky enough to have Kym Goodman and other members of the local laughter club visit to take the Residents through an hour



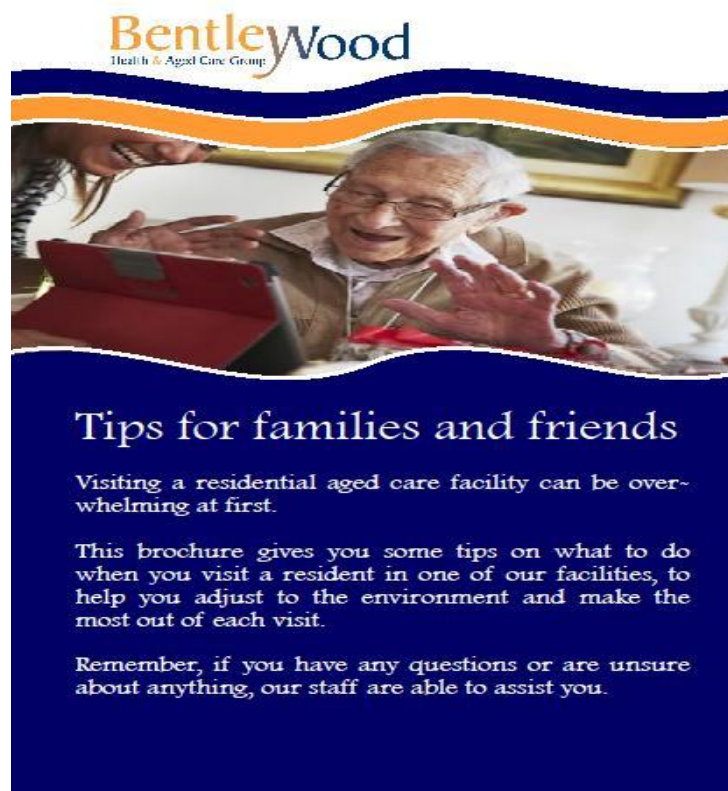
of laughter. Some of the ideas they use for laughter include, Spooky Injection, Mental Floss, Piano Shake and Smiley Finger. For those of us that can hear the laughter through the building, it brings a smile to our faces as well.

BentleyWood Health & Aged Care Brochure

Bentley Wood Health and Aged Care is currently developing an information brochure for visitors to both our Yarrowonga and Myrtleford facilities.

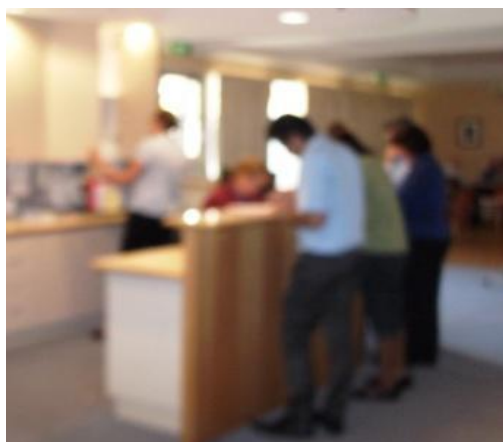
Some of the tips that are included in the brochure are:

- .. If you feel unwell and not sure if you should visit, please call the facility and check with our staff or postpone your visit until you feel better.
- .. Most importantly, we want you to feel welcome and relaxed when you visit. If you are unsure about anything, please see one of our friendly staff members to assist you.



Please keep your eye out for these brochures and help yourself to one when you see them available.

Care Staff Handover



At the commencement of each new shift. 07.00am, 3.00pm and 10.00pm each day, Care Staff meet together with the Registered Nurse in what we call Handover. Handover is held to discuss Residents Clinical Care with the oncoming staff and lasts for approximately 15 minutes. Could we ask

Residents, families, friends and visitors to please if possible refrain from interrupting handover unless the matter is urgent as the staff need to concentrate on listening and taking notes to ensure individual Residents care plans are followed precisely through each shift. A staff member is available in each area during this handover time that is able to assist Residents.

Allied Health Calendar; February 2014

Podiatrist: March 3rd & 4th

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3 rd Feb	4 th Feb Doctors Clinic	5 th Feb	6 th Feb Doctors Clinic	7 th Feb
Week 2	10 th Feb Dietician	11 th Feb Doctors Clinic	12 th Feb	13 th Feb Doctors Clinic	14 th Feb Physio- therapist
Week 3	17 th Feb	18 th Feb Doctors Clinic	19 th Feb	20 th Feb Doctors Clinic	21 st Feb
Week 4	24 th Feb	25 th Feb Doctors Clinic	26 th Feb	27 th Feb Doctors Clinic	28 th Feb Physio- therapist

On the Grapevine: A note from Administration

A gentle Reminder

Could we ask all Residents, families and friends visiting Myrtleford Lodge Aged Care to please when entering and exiting the front doors to be aware of our Residents whereabouts. Should you not be sure if a Resident is to leave the facility unaccompanied, please ask staff for assistance. Your cooperation would be most appreciated as the safety and wellbeing of our residents is paramount. Thank you.

The Myrtleford Lodge Newsletter

“ On the Grapevine”, is available on our website;

www.bentleywoodptyltd.com.au

An Invitation

Alzheimer's Australia will be in attendance at Myrtleford Lodge Aged care on;

Monday 28th April 2.30pm ~ 4.00pm

to do a presentation;

“ Introduction to Dementia and Services for families and Carers “

Residents, families and friends are all very welcome to attend this presentation.

Everyone is most welcome to attend.