



*Welcome to the
November edition of;
“On the Grapevine”
The Myrtleford Lodge
Residents, friends and
Representatives monthly
Newsletter.*

**November 11th marks the 96th anniversary of
the Armistice which ended the First World
War
(1914-18).**

**Each year on this day Australians observe one
minute's silence at 11 am, in memory of those
who died or suffered in all wars and armed
conflicts.**

Limitations of Medical Treatment: Advanced Care Planning – What do these terms mean:

Each year half a million Australians experience the impact of terminal illness and the capacity of our health services to respond is often limited. Appropriate End of life care, treatment and communication are vital skills for all health professionals. Increasingly, patients and residents are expressing the wish to be care for and to die at home.

A recent article by Australian authors in the BMJ states:

There has been an increasing awareness of the inadequacy of end of life care and of the poor knowledge of residents wishes about their medical treatment at a time when they lose the capacity to make decisions, resulting in residents being cared for in a way they would not have chosen.

Advanced care planning is an essential form of resident centered care that helps residents to reflect on what is important to them, on their beliefs, values, goals and preferences in life and leading to an agreement - ideally reached with their families as well as health care providers – about how residents want to be care for if they reach a point where they can no longer communicate their wishes about medical care.

Enabling residents to choose how they would like to be cared for near life's end is important because 85% of patients dies after a chronic illness: 50% are not in a position to make a decision about treatment near the end of life: patients relatives frequently don't know what their loved ones want: and doctors may provide aggressive treatment for patients who would not want it.

Above all many residents are kept alive in circumstances they would not choice
Advanced care planning must include

- Clarifying a residents understanding of their illness and treatment options
- Understanding their values , beliefs and goals of care
- Identifying their wishes.
- Systems and processes are in place to ensure everyone is aware and follows the individual's wishes.

Research has shown that good advance care planning with residents in Residential Aged Care facilities has reported:

- 20% fewer acute hospital admission from patients with advance care plans
- No increased mortality associated with staying in the Residential Aged Care facility compared with transfer to acute care
- 90% residents wanted to die in the aged care home and 88% of residents with advanced care plans did so.
- 70% of residents without plans died in acute care hospitals in unfamiliar surroundings with unfamiliar staff.

Myrtleford Lodge staff respect the dignity of every resident, irrespective of their physical or mental condition.

This is a difficult topic to discuss however we need all residents and their representatives to consider what medical treatment is appropriate and the likely success of the interventions you decide.

As per the Medical Treatment Act 1988: In Victoria, any legally competent adult may refuse treatment for any current condition. A properly appointed Medical Power of Attorney may refuse treatment on the patient's behalf, but only if the patient is legally incompetent.

What treatment can I refuse?

You can refuse almost any medical treatment. Medical treatment means the carrying out of an operation; or the administration of a drug or other like substance; or any other medical procedure; but does not include palliative care. You can refuse life-sustaining treatments, including resuscitation, being put onto a breathing machine and being fed through a tube.

What can't I refuse?

A refusal of treatment certificate specifically excludes refusing palliative care, namely reasonable medical procedures for relieving pain, suffering and discomfort.

These palliative measures, including medications, are just to control symptoms and provide comfort.

What do I have to do?

You or your representative must have enough information about your condition to be able to make a decision about whether or not to refuse treatment in general, or to refuse a particular treatment.

How is refusal notified?

When you are satisfied that you understand both your condition and the treatment, complete a Limitations of Medical treatment form (available from Myrtleford Lodge) with your medical practitioner and myself. Your specific instructions about palliative care can be included in the certificate.

Can I change my mind?

A refusal of treatment can be withdrawn at any time, provided that you are legally competent. You can communicate the withdrawal by any means. The withdrawal does not have to be written.

We have had a number of resident's state they would like to have full active resuscitation but do not want to be left with brain damage or residual deficits. Unfortunately we cannot guarantee this and needs to be taken into consideration when you are completing the form. Cardiopulmonary resuscitation is rarely effective for elderly patients due to the number of comorbidities, they have, health status and age which can result in poor health outcomes for the resident.

I encourage all residents and representatives to discuss the treatment you would like to be implemented in the event of serious deterioration in health or disease condition with either myself and/or your local doctor. Please be aware that when making these decisions we cannot guarantee an outcome.

Myrtleford Lodge has obtained a very valuable resource DVD and information booklet titled.

"The Patients Choice – Quality at the end of life" and I encourage any resident or representative to borrow, if you would like further information regarding this often tabooed topic. Please see reception if you would like to borrow.

Advanced care plans get people thinking and talking – to their families and to their doctors. They give residents a voice, and provide health professionals with clear indications about choices at the end of life.

Thank you

Marita Seamer

Local bus outing



Residents enjoyed an art exhibition at the Uniting Church hall before then boarding the bus to lunch at one of the local hotels recently.

Pictured together at the exhibition is, Ugo Giovannoni, Jack Larkin, Jean Murphy, John Newth and James Shanks



Our Springtime Dance

Residents, families and friends enjoyed an evening of music, laughter friendship and dancing on Wednesday 22nd of October as we celebrated the occasion of our Annual Spring Dance.

Daryl Mummery, provided the entertainment for the evening with many Residents together with staff taking to the dance floor to enjoy a waltz or two together.

Our catering staff once again provided a beautiful supper for everyone to enjoy together, with the Residents declaring the evening a great success.

Activities staff are to be congratulated on the organizing of the evening, a big job that they spent



many hours preparing for in advance.

Jack Larkin, John Newth, Alfa Dwyer and Elvie England enjoyed the music and dancing

Our Springtime Dance

Pictured are some of the residents and staff taking to the dance floor together.



Birthday Celebrations

Gwen Woods celebrated her birthday during October with a special performance dedicated to her by one of her dearest friends, Ray Murtagh. Ray was accompanied by his daughter and grandchildren who were just beautiful, Residents along with Gwen's family very much enjoyed the performance, usually it's Gwen herself entertaining us all on the piano.



November Birthdays

Elvie England ~ 13th November

Rosa Riella ~ 23rd November

Shirley Osborne ~ 27th November

From the Residents and staff at Myrtleford Lodge we wish you all 'Happy Birthday', may you enjoy your special day with your families and friends.

Enjoying the spring sunshine



Residents of our new D Wing enjoyed lunch in the new courtyard on a beautiful spring day.

Peter Bursill and Greta Coghill share a laugh.

Barb Findlay chats to Sheila Jarvis and Antonio Bonato.



Trish Henson, left also enjoyed lunch with friends in the spring sunshine.

November Special Events

Tuesday 4th of November as part of the spring racing carnival, Melbourne cup day as a public holiday, Activities staff whilst not working, will display all of the cup sweeps for the residents to view in the activities area.

Thursday 6th of November, Oaks day, will be celebrated at Myrtleford Lodge with a Chicken and champagne luncheon followed by fashions on the field showcasing the beautiful hats made at craft along with afternoon activities culminating in watching the races.



Tuesday 11th November, Remembrance day marks the 96th anniversary of the Armistice which ended the First World War (1914-18).



Each year on this day Australians observe one minute's silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts.

Wednesday 12th November, some of our residents will enjoy a bus outing to Yarrawonga to enjoy lunch and a social gathering with Residents of Woods Point Aged Care.



Wednesday 19th November, weather permitting, Residents will enjoy a bus outing to enjoy a picnic lunch.



November Special Events



Friday 21st November is World Hello Day.,

Anyone can participate in World Hello day simply by greeting ten people, this demonstrates the importance of personal communication for preserving peace.

World Hello Day was begun in response to the conflict between Egypt and Israel in the Fall of 1973. Since then, World Hello Day has been observed by people in 180 countries.

People around the world use World Hello Day as an opportunity to express their concern for world peace. Beginning with a simple greeting on World Hello Day, their activities send a message to leaders, encouraging them to use communication rather than force to settle conflicts.

In loving memory of;

Dorothy "Julie" Phillips

Passed away October 7th 2014

Our sympathy is extended to her dear husband Bill and all of her family and friends.

R.I.P. Julie

Now Showing
At the Myrtleford Lodge Theatre
Room

Tuesday 11th November at 1.30pm
Classic TV Shows
“ Shows of the past ”

Tuesday 18th November at 1.30pm
Call of the wild
“David Attenborough classic”

Tuesday 25th November at
1.30pm.
Reach for the sky
“ An enticingly beautiful movie ”

Residents are reminded that if they have a request for a particular movie, please speak to the activities staff who will try to obtain the movie and screen it on a date to suit.

From the Administration Desk.



Mobile Voting.

The Victorian Electoral Commission (VEC) has made arrangements for a mobile voting team to visit Myrtleford Lodge Aged Care on Wednesday 19th November 9.00am to 1.00pm for Residents Staff and Carers so they may vote prior to election day.

Christmas:

Christmas is once again almost upon us, it seems like just yesterday we were making plans for last year.



Shortly administration staff will be sending out correspondence to Residents and representatives, asking what plans if any Residents and families have made in regards to social leave as well as outings for the day, this will assist our staff to plan the days events as well as allow us to notify our pharmacies for medication packs to be supplied.

Wi Fi:

Myrtleford Lodge Aged Care does not have general access to Wifi. The WiFi is used solely by our computer technician so that he may keep our computer systems working.

Staff at Myrtleford Lodge do not have access to the password.

The cost of providing WiFi to numerous Residents their families and staff would be astronomical.

Residents who require internet access on such items as laptops, tablets etc must arrange for their own internet access.

On the Grapevine

Building extension update

Residents and representatives will be aware that the builders have completed the extension with only the grounds including the rotunda and bocce pitch to be completed during these first weeks of November, many of our Residents are looking forward to enjoying the sunshine with a book or cup of tea watching a game of bocce from the rotunda.

Residents who have moved to the new extension have settled into their new surrounds well, enjoying the new environment with many activities happening in the communal lounge area by our activities staff.

The refurbishment of the old wing is also now completed with new floor coverings, curtains and freshly painted walls making it difficult to know where the old and the new wings join together

Whilst we have some ongoing refurbishments to the existing building, Myrtleford Lodge continues to be a busy hive of daily activities.

Thankyou must go to our Residents, families, staff, volunteers and friends of Myrtleford Lodge for their patience and assistance during the renovations, it has certainly been worth it, Myrtleford Lodge is looking like the beautiful home that we all enjoy it to be.