

Welcome to the December Edition of;
“ On the Grapevine”
The Myrtleford Lodge Residents /
Representatives Newsletter.

“ For very special friends,
Christmas is all about, counting your
blessings and being thankful for the
things dear to you.

I looked into my heart and found what
it holds dearest,
It is the gift of your friendship”

Merry Christmas from the
Management & Staff of
Myrtleford Lodge Aged Care.





We did it!! After a grueling 2 days on 24th and 25th November 2015, and lots of probing, questioning and stress (on our parts mostly!) we were found to be compliant in all **44 out of 44** Aged Care Accreditation standards!

This result comes as a huge relief and affirmation of something we always knew – we do provide a Quality service to **you**, the Resident.

The 2 accreditors reviewed all aspects of Myrtleford Lodge and the report will be made available to you when we receive it from the Australia Aged Care Quality Agency.

Some of the comments made by the accreditors were:

“Outstanding facility and residents stated how fantastic the staff were”

“There is a lovely friendly atmosphere in the facility and it was enjoyable to be a part of”.

“Robust systems are in place which support quality aged care”

“Residents and staff interviewed were familiar with the complaints process and felt confident in raising issues directly with management”.

“Documentation showed the linking of resident’s needs, preferences and feedback to continuous improvement activities”. Observations indicated staff interact with residents/representatives in a supportive and consultative manner”.

“Residents/representatives expressed satisfaction in the way staff communicate with them in relation to clinical and personal care.

“Documentation such as professional qualification, assessments of skills and education records demonstrated staff have the knowledge and skills to carry out their duties in relation to the provision of care including specialised care”.

Although you may not have been directly involved, I would like to acknowledge all the residents/ representatives and staff for the hard work and commitment to Myrtleford Lodge. The accreditors enjoyed seeing how well the residents interacted with each other and how you took pride in your facility.

We will not get it right all the time but we are always striving to ensure residents needs and preferences are met whilst balancing the legislation required, red tape and many idiosyncrasies.

If we do not get it right please let us know by completing an improvement form, speaking to the staff or arranging to meet with myself or Amanda to discuss any concerns or suggestions.

We are an amazing team and this recent audit is testament to that. It is nice to be acknowledged for the hard work.

The information provided in the report gives me a clear indication that we will receive the maximum period of Accreditation, which is **3 years**. Well done everyone, and thank you to all our wonderful residents for their supportive and encouraging words! Your interactions with the accreditors were positive, humbling and appreciated.

Finally to all the staff that go that “extra mile” for residents or their families – it’s you who really make a difference to the residents lives here.

Marita Seamer
Director of Nursing



Residents / Representatives Meeting

Residents / Representatives meetings are held on the 2nd
Tuesday of every month @ 1.30pm

The next Meeting is scheduled for Tuesday 8th December
2015. Everyone is welcome to attend.



December Birthdays

Ila Treloar ~ 5th December

Cornelius Leita ~ 15th December

Congratulations and Best Wishes from the Residents and Staff of Myrtleford Lodge.

May you enjoy your special day with family and friends.

Hot Weather

With December being the official start of Summer, we remind our Residents to ensure that they are well prepared for the outside temperatures. Remember your hat, sunscreen and fluids, should you need to go out and about perhaps consider going out early morning.



Fresh fruit

We remind our Residents that fresh seasonal fruit is available from the main kitchen at any time during the day. A fruit bowl is filled daily and accessible to residents, should you wish for some assistance please do not hesitate to ask a staff member.



A Christmas Pantomime

Residents enjoyed a very full afternoon of entertainment by Gwen Mathews and friends. They performed a Christmas Pantomime, followed by some children playing musical Instruments, after this we had the local line dancers providing some further entertainment.

As always we thank our local community members who are so thoughtful with their time. By all accounts it was a very enjoyable afternoon.



Is that Dulcie Wheeler dancing again, she just loves to dance.



Anniversary celebrations

Pictured cutting a beautiful cake decorated by our Catering Manager Nicole, is Len and Dulcie Wheeler who celebrated 70 years of Marriage.

Congratulations, we hope that you enjoy many more to come.



Birthday Celebrations

Rosa Riella and Shirley Osborne were two Residents who were captured enjoying Birthday Celebrations with friends and family at the lodge during November.

Birthday breakfast for December is scheduled for Wednesday 9th December.



Celebrations at Myrtleford Lodge

Pictured below is Elvie England who celebrated her 100th Birthday on November 13th.

Elvie received many cards, flowers, gifts and well wishes from friends, family, dignitaries, the Queen and the Pope.

Friends and family came together with Residents for a "High Tea" to mark the special occasion for Elvie, also in attendance were a few surprise guests.



Elvie and her family enjoyed a family get together on the following weekend at Red Stag Deer Farm.

Congratulations Elvie.



In loving Memory of;

Amelia Jose

29/08/1923 ~ 12/11/2015

~ ~ ~ ~ ~

Ernest Cox

01/09/1933 ~ 20/11/2015

~ ~ ~ ~ ~

Cecilia Benini

28/01/1927 ~ 22/11/2015

~ ~ ~ ~ ~

Management, Staff and residents extend sincere condolences to family and friends.

May they Rest in eternal peace.

Skype at Myrtleford Lodge

Myrtleford Lodge residents have been enjoying the experience of chatting with Family & Friends by skype with the addition to the Lodge of the new Residents Computer.

Several families have enjoyed catching up of late, pictured is Elvie England chatting with a niece from Salt Lake City who she has not spoken to in over 20 years.



Elvie's family enjoyed the experience so much that they are all gathering in December to skype as a group.

Morning Exercises

Each morning at 9.30am, Residents gather in the main activities area for exercises. On this occasion they were under the guidance of Pat Hogg.

Its just fantastic that on occasion our Residents are able to initiate their own activities especially keeping up the daily exercises.

Well done.



D Wing Garden

Our D Wing area has had the new fence erected so that our Residents now have secure access to the lawn area. New outdoor furniture and raised garden beds have been purchased and installed along with the installation of large shade umbrellas making the area a very enjoyable place to sit and relax.

Pictured is James Shanks assisting with the new plantings.

Golf Buggy

As mentioned in the previous



newsletter, Residents are now able to easily access their electric scooters from the scooter shed. Please ask Maintenance or Administration Staff for assistance.

Pictured is Jack Larkin and John Newth who were on their way to pick up their scooters.



Entertainment

Marley and her two very adorable boys provided entertainment to the Residents. Both young boys can play the ukulele and Marley has the voice of an angel, her rendition of "Yellow bird " is just beautiful.

Myrtleford Show

Myrtleford Lodge Residents entered a bunch of these beautiful Iris's from our Lodge garden in the local Myrtleford Show held recently, they were just a picture growing outside the dinning room windows.



Gil Leask our Resident artist also entered some of his beautiful paintings receiving many rave reviews from the local community.

Ready for Christmas

During a recent bus outing, James Shanks met Rudolf, who was resting in readiness for Christmas Eve.



Physiotherapy Services at Myrtleford Lodge

This month we introduce Kylie McInnes from Flexout Physiotherapy and Phebe Corey from Ovens Valley Physio.

Flexout Physiotherapy provide Pain Management to Residents Monday to Thursday each week.

Kylie has been practicing as a Physiotherapist for the past nine years having studied for her Diploma at Charles Sturt University in Albury studying as a mature age student.



"The best thing about being a Physiotherapist is enjoying helping her clients to feel better and getting back to feeling " normal " again.



Ovens Valley Physiotherapist, Phebe Corey attends Myrtleford Lodge weekly to provide Physiotherapy services to Residents as well as assessments as required and Staff Manual Handling Training.

Phebe thoroughly enjoys her role at Myrtleford Lodge and within the larger community.

A note from the Administration Desk

Clothing Labels: Could we please remind Residents / Resident representatives the importance of having all items of clothing labelled.

It has been identified by staff the need to also label residents shoes as often they are misplaced.

Should you purchase or receive any new items of clothing, could we please ask that you let our staff know so that we can have them labelled prior to wearing.

With Christmas now only weeks away, should residents receive clothing items as gifts, please let us know as we will place labels on prior to washing.

Electrical Test & Tagging: New Electrical items are required to be tested and tagged by our Maintenance staff. Should you purchase any new items, please let the staff know so that we can ensure that they are tagged prior to use.

Reminder:

Just a little reminder to Residents and representatives to please return the " Residents Christmas Planning Form", to Administration as soon as possible so that we may finalize the planning of Webster Packs with our Pharmacies as well as for Catering purposes.

Dr's day Appointments:

Residents and Residents Representatives who are wanting to see the Doctor during the scheduled appointments at Myrtleford Lodge on Tuesday and Thursday mornings are reminded to speak directly to the Registered Nurse who will coordinate the appointments.

To
Have a
Merry Christmas
A merry Christmas indeed
Here is a special list
Of a few things you need
There should be smiles and laughs
Scattered all across the floor
Buckets and buckets of love and joy
Hanging by the windows and the door
Every Christmas there's nothing like happiness
Hanging all over the Christmas tree
And only the thought giving instead of taking
Should completely invade the minds of you and me
Everyone in the family should always try to be helpful
And Carols will be playing all around
Any type of ungratefulness and negativity
Surely will be ignored and nowhere to be found
Your actions should be nothing but gentle, loving and
kind
And each word sweet like a cherry
All of these things this Christmas
Will make your Christmas Merry

