

Welcome to the July Edition of;

“ On The Grapevine “

**The Myrtleford Lodge Aged Care Residents /
Representatives Monthly Newsletter**

July in Australian History

**July 1851. Joseph Latrobe was sworn in as the first
Governor of the Colony of Victoria**

Gold was discovered for the first time in Victoria. This find at Clunes and subsequent discoveries at Bendigo and Ballarat turned Victoria into the richest, and leading Colony of Australia.

2 July 1872. Adelaide, Melbourne and Sydney received the first news via the Telegraph from England. The overland Telegraph stretching across the deserts from Darwin to Adelaide allowed this dramatic breakthrough in communications.

July 1873. Ayers Rock was discovered by William Goss. A young, little known explorer on his one and only expedition. Named in honour of Sir Henry Ayers, Premier of South Australia.

13 July 1900. It was announced that John Adrian Hopetoun was to become the first Governor-General of the newly federated Commonwealth of Australia.

28 July 1902. The birth of Albert Namatjira—Australia’s most celebrated Aboriginal Artist.

10 July 1907. The first telephone call was made between Sydney and Melbourne.

18 July 1914. Averaging a speed of 64 miles per hour, Frenchman M Gillaux made the first flight from Melbourne to Sydney. He covered the 582 miles in just over 9 hours.

11 July 1940. Petrol rationing was introduced for motorists. Private drivers were limited to 40 miles per week worth of petrol

July Birth flower is the beautiful Larkspur

Each year we hear or see on the news that there is a flu outbreak somewhere.

Aged Care Facilities, and specifically residents, are particularly vulnerable to outbreaks due to a number of reasons including being older (immune systems weaken as we age), having other illnesses, and the large quantity of people who live in, work at and visit the facility on a daily basis.

The Department of Health and Human Services has recently sent correspondence to all facilities and we include parts of that correspondence here:

Dear Residential Aged Care Provider,

I am writing regarding preparation for this year's influenza season. Influenza is one of several common pathogens which cause respiratory outbreaks. It is important to identify outbreaks caused by influenza early, so that infection control strategies are implemented to reduce the risk of transmission.

Influenza



An outbreak is defined as three or more residents and/or staff with onset of respiratory symptoms occurring within a 72 hour period.

If you become aware of an outbreak, you should immediately notify the Department of Health and Human Services on 1300 651 160.

In preparation for the upcoming influenza season, we recommend that you and your staff review the Victorian Guidelines “Respiratory illness in residential and aged care – Guidelines and information kit”,

This information kit is updated annually and Myrtleford Lodge Aged Care ensures that the policies and procedures are inline with the guidelines in this kit.

In particular the Guidelines recommend that:

- 1. The single best way to prevent influenza in the residential care setting is for residents and staff members to be vaccinated every year. Influenza vaccine is available now through GPs. Keep a record of all vaccinated staff and residents at your facility. In an outbreak you will be required to report this information to the department.*

All residents at Myrtleford Lodge Aged Care were vaccinated in April. All new residents to the facility are required to provide their most recent vaccination details upon entry.

Myrtleford Lodge pays for every staff member to be vaccinated annually.

- 2. In the event of an outbreak, it is highly recommended that a designated Outbreak Management Team is formed, with individuals given specific roles for helping to control the outbreak. You and your staff should make plans now for who is most suitable to fill those roles.*

Be assured that Myrtleford Lodge Aged Care has policies and procedures in place for any such occurrence.

In the event of an outbreak, the following immediate measures are recommended:

1. Implement infection prevention and control strategies, including isolation, hand washing and personal protective equipment, as per “Respiratory illness in residential and aged care – Guidelines and information kit”.

One of the first stages of infection prevention is to discourage unwell visitors. Signs have been placed at the facility entry to discourage any visitor who has recently been unwell from entering the facility.



In the event of an outbreak all visitors will be discouraged from entry to assist in limiting the spread of infection.

During an outbreak Resident movement will be limited to avoid infected residents coming into contact with others.

Like seasonal influenza, a pandemic strain could occur and would be expected to cause serious illness, hospitalisation and death in older people.

If you have any queries, please contact Communicable Disease Prevention and Control on 1300 651 160.

*Yours sincerely
Prof Michael Ackland
Acting Chief Health Officer*



Myrtleford Lodge Aged Care practices standard precautions at all times

Standard precautions are preventative measures that must be used at all times in daily work practices to avoid infection and its spread, rather than waiting for the confirmation of an infection.

We encourage our residents and visitors to assist with these standard precautions by covering your coughs and sneezes (preferably with a tissue which is disposed of immediately), practicing good hand hygiene (including the use of hand sanitizer) and avoid being out and about if feeling unwell

**Marita Seamer
Director of Nursing**

Bread Making

Myrtleford Lodge Residents have been enjoying Bread Making following the purchase of a Bread Maker with fundraising money.

The bread is prepared and baked prior to enjoying with Afternoon Tea, on this occasion the sun was shining and afternoon tea was enjoyed out in the courtyard.



Polly Cleeland is pictured enjoying hot fresh bread with lashings of butter and jam, yum!



Out and About

Residents continue to enjoy getting out and about for an afternoon stroll.

This group of Residents including, Bev Allan, Lyn King, Polly Cleeland, Ron Cherry, Josef Meier and Madge Jose, made sure they were rugged up enough to enjoy a stroll around the block accompanied by staff members.



Even though the winter chill is in the air, we are continuing to enjoy a day here and there of mild temperatures.

When the weather permits, country drives and walks will be included on the Activities Calendar.

Entertainment

Once again Peter Robbers Entertained Residents on what was a very cold winter's day outside.

The activities area was a sea of faces as Resident's tapped their feet and joined in the chorus, a great way to stay warm indoors.



Diabetes Awareness month

Flavio Faggion was the winner of the "Guess the number of Jelly Babies in the Jar" competition for Residents. Flavio guessed 180 Jelly Babies. Well done Flavio



Birthday Breakfast

Each month Residents who are celebrating a Birthday during the month are sent a formal invitation to invite them to a special " Birthday Breakfast" to be enjoyed together in the A Wing Kitchenette.

Fine bone china and a beautifully set table together with a delicious hot cooked breakfast made to order certainly makes one feel very special indeed.



Pictured enjoying a birthday breakfast together is, Antonio Baldori, Luigina Degrazia, Pat Hogg, Elsie Gaylard and James Shanks.

July Birthdays at Myrtleford Lodge

Irene Hooper ~ 1st July

Antoinetta Costanzo ~ 3rd July

Lisolette Seyffer ~ 4th July

Luigina Bosustow ~ 9th July

Milorad Brankovic ~ 11th July

Maria Roso ~ 17th July

Elizabeth Maminski ~ 18th July

Dulcie Wheeler ~ 28th July



Appetite for Life Education

How proud are we of Nicole King our Catering Manager who was one of a very lucky limited number of Aged Care Chefs to receive a fully funded scholarship position to attend the Inaugural "Appetite for Life" 3 day Education Program with none other than renowned chef and Senior Australian of the year 2010, Maggie Beer.

This pilot program is to be an interactive three day event built around fresh thinking, nutritious ingredients, food budgeting, aged care specific recipes, menus and dining room management.

The event will include an intimate dinner at Maggie's home and hands on cooking sessions with Maggie.

Joining Maggie will be Peter Morgan Jones, HammondCare's Executive Chef and Simon Bryant, who with Maggie will serve up a "Cook and the Chef" experience like no other.



Nicole, left, with Maggie Beer and Kim Matthews from Woods Point Aged Care.

Nicole has returned to Myrtleford Lodge from her trip to the Barossa Valley full of knowledge, Maggies recipes and ideas that she will incorporate into the daily menu.

Appetite for Life Education




Nicole described the experience as "Awesome, Maggie Beer was beautiful, as you see her on television, that's what she is like, warm, friendly, happy and just a lovely person, the knowledge that I have gained in three days is huge".

Nicole said the days were long and full, and the group of Chefs were kept very busy, however she loved every single minute and thinks the

opportunity was just amazing, lots of notes were taken and she is just so enthusiastic and can't wait to bring all of this knowledge gained to improve on the daily menu for our Residents at Myrtleford Lodge.

Pictured below is Maggie with one of the assisting Chefs who along with Maggie, conducted Master Classes with the group, the group even did a Mystery Box Challenge where the group of Aged Care cooks split into 6 groups of four and together with one of the chefs, planned and cooked a meal from the ingredients.





In Loving Memory of;
Enrichetta “ Rita “ Giollo
14/02/1927 ~ 6/6/2015
Resto nella pace eterna

~ ~ ~ ~ ~ ~ ~ ~

In Loving Memory of;
Ruth Cross
4/8/1927 ~ 27/6/2015
Rest in Eternal Peace

~ ~ ~ ~ ~ ~ ~ ~

Myrtleford Lodge Residents, Staff,
Management and Friends extend sincere
condolences to the Giollo and Cross
families during this sad time.

Now Showing
At the Myrtleford Lodge Theatre
Room

Tuesday 7th July 1.30pm.

Moulin Rouge

Featuring, Nicole Kidman & Ewan McGregor

Tuesday 14th July 1.30pm

Animals you will never forget

“ Readers Digest Documentary ”

Tuesday 21st July 1.30pm

Some Mothers Do ‘Ave ‘Em

Featuring Michael Crawford in the best of’

Tuesday 28th July 1.30pm

Black Beauty

**“ Rapturously pretty and filled with
passion”**

**Should you have a favorite movie that you would like to
see screened, please see the Activities Staff.**

A note from the Administration Desk

Front Entrance;

The front entrance portico is a pick up and drop off 15 minute zone only, this area is required to be free to be utilized in an emergency situation.

Visitors who are using this area to pick up or drop off are asked to please turn their vehicles off whilst in the facility as the fumes from the vehicles left running are very overpowering with the front entrance doors opening and closing.

Car Parking.

With the addition of the new car parking area, we remind Residents and visitors, car parking is available in the first car park on entry to the facility with Staff Only car parking in the bays past the front portico.

We ask that you leave the staff car parking for staff vehicles only as a matter of staff safety. Staff are coming and going from the facility early morning and late at night in the dark.

The two disabled car parks directly accessible adjacent to the front portico are available to be utilised for this purpose only.

The Residents crossing is to remain free of vehicles at all times, this crossing enables our Residents to access the gazebo area safely.

A note from the Administration Desk

BentleyWood Tips for Families & Friends Brochure

The BentleyWood Health and Aged Care Group brochure is available at Front Reception. The brochure includes some very useful tips and things to remember when visiting, please feel free to pick up one of the brochures when visiting.

From the Brochure; Please remember;

- To sign in and out using the visitor Sign In book so we know who is in the building.
- The health of our Residents is very important to us so we ask that you utilize the hand sanitizer gel that is provided at the visitor sign in / out book when you arrive and leave.
- 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.
- If you plan to bring food when you visit, please check with staff about the residents dietary and medical requirements.
- Treat all staff and residents in a respectful manner.
- 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.

Newsletter

The Resident / Representatives Newsletter and Monthly Activities Calendar is available on our Website; www.bentleywoodpl.com.au

Alternatively should you wish to receive the Newsletter by email, please advise the Administration Office.

Till next Month.