



Welcome to the March edition of;
“On the Grapevine”
The Myrtleford Lodge Aged Care
Residents /Representatives
monthly newsletter.

“Winter is an
etching, spring a
watercolour,
summer an oil
painting and
autumn a mosaic
of them all”

Hello again, I thought this month I would continue on the same theme as last month by providing you with more information on one of the Accreditation Standards Myrtleford Lodge is always striving to continually improve.

Clinical Care is expected outcome 2.4 of the 44 Accreditation standards assessed by the Accreditation Agency and one which is a major focus that requires a consultative approach from Residents/representatives and staff.

The expected outcome of 2.4 - Clinical Care requires that:

Residents receive appropriate clinical care.

What does this mean?

What we are aiming to achieve is:

Management and staff demonstrate that Residents receive the care that is appropriate to their needs and preferences.

Residents/representatives confirm the appropriateness of the care they receive according to their needs and preferences.

Myrtleford Lodge aims to meet this outcome by completing the following:

Undertaking an initial assessment and planning in relation to care and lifestyle, including all the following areas: specialized nursing care needs; pain management; palliative care needs; skin care management; continence management; behavioral management; mobility and dexterity needs; sensory losses and sleep management, as well as lifestyle choices.

This initial assessment conducted for all Residents forms the basis of care provided. As we know our needs change frequently and staff must be aware of these changes through clinical assessments, review of care plan, Resident of the Day reviews and communication with Residents, their Representatives and Staff.

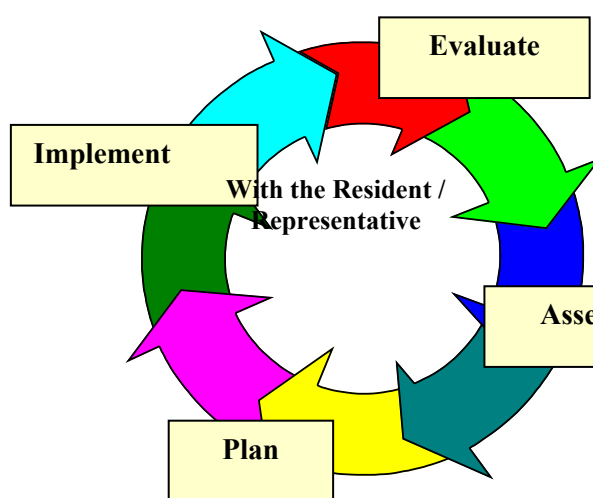
The information gathered from the assessment is formulated into a Resident Care Plan in partnership with the resident/representative and other health care team members, as appropriate.

The care plan identifies; individual resident needs/problems, a goal for each need/problem and strategies / interventions to meet the goals. Goals should be realistic and wherever possible the resident should be involved in setting goals.

Resident focused strategies/interventions are consistent with contemporary practice, guided by documented policies / procedures

Resident of the Day is completed monthly in which every aspect of your care needs are reviewed, changed if necessary and actioned accordingly.

A holistic, multi-disciplinary approach is taken to providing contemporary care in partnership with each resident or representative. An



Individual plan of care that promotes health and well being is formulated for each resident based on a comprehensive entry assessment. The plan is implemented and evaluated monthly or more frequently in response to the resident's changing health status.

Strategies and interventions are implemented according to evidence based practice by staff with appropriate knowledge and skills; and according to their scope of practice and legislative requirements.

Residents have their needs and where possible preferences met by the most appropriate health professional such as, qualified nursing staff, pain consultant, dentist, dental technician, physiotherapist, speech pathologist, dietitian, occupational therapist, palliative care team, pharmacist, PGAT/DBMAS, geriatrician. The residents' right to access complimentary therapies is respected and supported within the legislative framework.

ASSESSMENT	Date: _____
Communication/Comprehension	
Includes hearing aids, glasses, working & clean	
Mobility & Transfers	
Falls Risk Assessment (Document no. of falls in month)	
Norton Scale for predicting Pressure Ulcer Risk	
No Lift Reference.	
(Update - Mobility, Transfer and Falls Strategy 41.9.4)	
Observations (BP, Pulse, Temp, Resp, U/A, weight, BGL)	
Personal Hygiene (Incl: ears, trim nails, hair, teeth, dentures, oral care, tidy wardrobe)	
Physio / OT / Speech (Check if current, if applicable, organise R/V if needed)	
Skin Care & Wound Management (Skin integrity etc - moisturizer, current/ ongoing wounds) (Check Wound Charts)	
Other Medical Conditions (Cardiac, diabetes, respiratory, pain management, any new problems)	
Review Individual Action Plan (Update as necessary and document changes) (Copy of Update in High Care bathrooms)	
Meals and Drinks (If in use check: Supplement sheets, Dietary Requirement Forms, Food & Fluid Charts, BGL Charts)	
Behaviour (Document if strategies effective/not effective)	
Toileting/ Bowel/Bladder	
Family Contact (Phone NOK) Please use care plan consultation form. Families Emotional Needs	
Oral and Dental Checklist Completed	
Sleep & Settling	
Medications & Dr R/V (Ensure resident has CMA and has been seen by Dr 3 monthly, if not – report to Div 1)	
Update Missing Resident Form no: 41.8.1	
Residents Emotional Needs	
Resident's Activity Needs	
Spiritual and Cultural Issues	
Div 1 to review on completion and sign off.	

The types of documentation we use to formulate your individualised care plan is as follows:

- Assessments
- Care plans
- Progress notes
- Observation charts
- Incident forms / Improvement forms
- Consultation with Residents and/or Representatives
- Doctor / Allied health Assessments and
- Correspondence.

From all this documentation and communication with you we are striving to ensure you are satisfied with the level and manner in which care and services are provided across all areas of health and personal care, as well as your lifestyle choices.

By communicating with staff regularly, 'Have your say' at the Resident/Representatives meetings and using the Suggestions, Complaints and Compliments box (located at front reception), we can ensure Myrtleford Lodge Aged Care delivers care and services that suit you as an individual.

Keep communicating!

Marita Seamer
Director of Nursing



February Activities at the lodge.

“Sensational Senior”

Elvira England, “Elvie” as she is very affectionately called, was this month presented as;

Alpine Shire Sensational Senior February 2015.

Elvie was nominated by the community in recognition of her voluntary work within the community. Elvie is involved with the Friends of the Library as well as with St Mary’s Parish.

Along with her community involvement, Elvie is also very active within Myrtleford Lodge with organizing, setting up and assisting Father Peter from St Mary’s Parish to conduct monthly Mass as well as assisting with holy communion at the facility for the Residents and the wider community.



February Activities at the lodge.

Elvie is pictured receiving her sensational senior sash and flowers from the Alpine Shire deputy mayor, Ron Janas along with representatives from both St Mary's Primary School and the P-12 College.

Elvie was very humble with having received her award thinking that she "does not do anything special"

Elvie you are very much a;

"Sensational Senior"

Congratulations and thankyou from Management, staff and Residents of Myrtleford Lodge Aged Care.



February Activities at the lodge.



We were all very amused when Rusty our canine visitor had been on an outing with the Residents and his owner recently. Rusty however didn't want to go home, he enjoyed the trip so much that he wanted to stay. After being whistled and called out many times only to see him jump back in the bus his owner resorted to bribery. We love Rusty as much as he loves to be with us.

Our bowls champions for the month.

Jack Larkin, Philip Jones and Maria Roso with their certificates for being the weekly bowls champions during February.



February Activities at the lodge.

Local school participates

The Myrtleford p-12 College has commenced visiting Myrtleford Lodge each week, joining in with our activities, chatting with the residents and participating and enhancing our activities program.

The students visits are much looked forward to and enjoyed by the Residents with much chatter and laughter to be heard.

Some of the Residents pictured enjoying the students visits are Mavis McConville, Patricia Deuchar, June Lockwood and James Shanks.



February Activities at the lodge.

Tea anyone!



Residents pictured above enjoyed an afternoon of sampling an array of herbal teas and some beautiful aromatherapy.

Knitting Group

Our Knitting group has been very busy knitting squares to make knee rugs.

Luigina Degrazia is pictured with a sample of the squares being sewn together.



February Activities at the lodge.

Our beautiful volunteer Julie returned from "sick leave", we were so happy for her return to Myrtleford Lodge that the Activities girls presented her with welcome back flowers.



Jack Larkin every week on a Thursday afternoon organizes the social gathering in C Wing.

Jack does a fantastic job as the group has grown enormously, as well as purchasing supplies and setting up, he keeps a very tight and balanced book.

Dorothy McNeill was snapped by the camera enjoying some sunshine.



Myrtleford Festival

Myrtleford Lodge is going dotty again as part of the Annual Myrtleford Festival

" Love the Life"

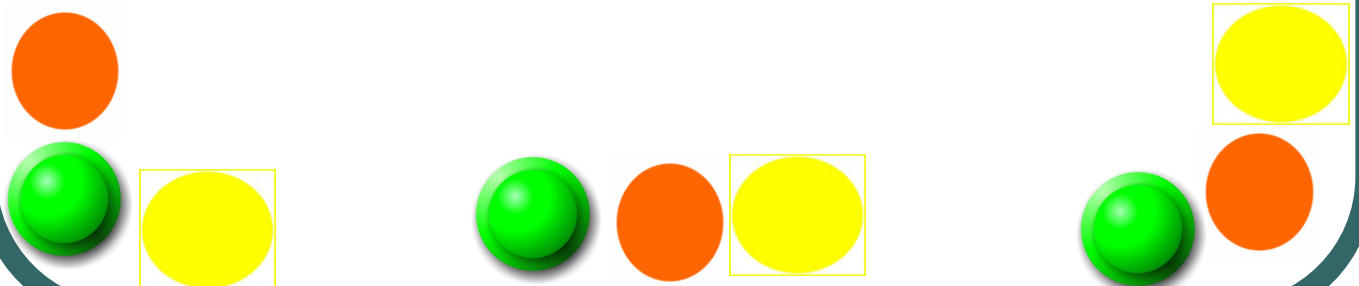
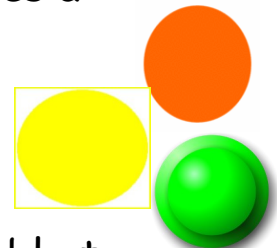
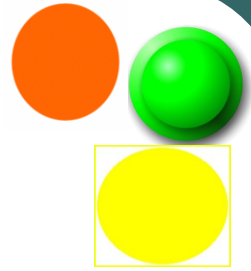
The Residents along with the activities staff have been placing the green, yellow and orange dots throughout the facility with the festival commencing on Thursday 5th March and running through the long weekend to the 9th March.

As part of the festival, one of the highlights for the Residents is on Friday 6th March all of the festival princesses and their partners are welcomed to Myrtleford Lodge and presented to the Residents where each of the princesses receives a lace handkerchief as a memento of the occasion.

This years princesses include two young ladies who have a grandparent at Myrtleford Lodge so being able to see them both prior to the official ball is a real highlight.

The festival has many activities that Residents are able to take part in and enjoy, craft exhibitions, local markets and the Grand Parade to name just a few.

The festival program is displayed on the front foyer display board including times etc.



Staff Uniforms:

We have received several enquiries from some of our newer families to Myrtleford Lodge as to the staff uniforms and who is who, I do hope this may help you identify the staff.

Registered Nurse

Enrolled Nurse

Divertional Therapy

Environmental & Food Services

Administration staff wear blue with a white stripe.

In loving memory of;

Maralyn Thomson

12/06/1931 ~ 03/02/2015

Our sincere condolences are extended to Maralyn's family and friends.

R.I.P.

~ ~ ~ ~ ~

In Loving memory of;

Adela Miller

28/08/1914 ~ 27/02/2015

Our sincere condolences are extended to Del's family and friends.

R.I.P.

~ ~ ~ ~ ~

Two beautiful souls at rest

Lest we Forget

As announced in the February Newsletter, Myrtleford Lodge Aged Care Craft group are joining in with the call for red poppies to be "planted" in Federation Square Melbourne on ANZAC Day 2015 as part of;

"Project 5000 Poppies."

5000 Poppies is an exciting and ambitious nationwide grass roots community tribute of respect and remembrance, with crafters across Australia invited to participate in this meaningful and heartfelt project.

Our craft group are currently busily knitting, crocheting, cutting and stitching as per the pattern towards this fantastic tribute that commenced more than twelve months ago by two women as a tribute to their fathers' who both fought in WW11.

On Wednesday the 11th of March we will gather together all of our Poppies to then send to the project so that our work will become part of the 5000 Poppies to be displayed on ANZAC day 2015.

The Myrtleford Times will also be in attendance on this day to photograph our group who have really put a lot of love into this wonderful project.



Now Showing
At the Myrtleford Lodge Theatre
Room

Tuesday 3rd March 1.30pm.

Midnight Express

“An on the edge of your seat thriller”

Tuesday 10th March 1.30pm

Steel Magnolias

“ The funniest movie to ever make you cry”

**Sally Field, Dolly Parton, Shirley McLane, Daryl
Hannah, Olympia Dukakis, Julia Roberts.**

Tuesday 17th March 1.30pm

Reach for the Sky

“ The most remarkable true story”

Tuesday 24th March 1.30pm

Strange Bedfellows

“Hysterical “ “ Hilarious”

**Australian movie, filmed locally in and around
the Beechworth area**

A note from the Administration Desk

Pharmacy Accounts:

Just a reminder that residents and/or representatives are responsible for any queries related to pharmacy accounts. This is an arrangement between the pharmacy and the resident.

Thank you, Marita

Residents Walking Frames:

Any repairs to wheelie walkers are the responsibility of the residents and /or representatives, our maintenance department are not responsible for these repairs, however, the local bike shop in Clyde Street have advised us that they are able to assist with repairs, Staff will report if need repair to family members.

Myrtleford Cycle centre 59A Clyde Street Myrtleford:
(03) 57521 511

Correspondence:

Administration would love for more of our families to correspond with us by email, you can receive the monthly newsletter to stay informed as well as receive accounts and receipts.

Should you wish to be included on our mailing list, either let administration know your details or send them to

admin@myrtlefordlodge.com.au

