



Welcome to the October Edition of  
The Myrtleford Lodge Residents / Representatives  
Monthly Newsletter

## " On the Grapevine"

October is National Seniors Month and Myrtleford Lodge's Activity Program has included many additional activities in celebration.



## Your role as a Resident in Quality Aged Care:

Many people play an important role in aged care: providers, staff, residents, their friends and families, government departments and regulatory agencies.

The best results are achieved when everyone participates fully. The purpose of this brochure is to briefly explain your role and the role of the Aged Care Standards and Accreditation Agency in quality aged care.

### **You can help to ensure quality of care by:**

- Being informed
- Making the aged care home aware of residents' likes and dislikes
- Making suggestions for improvements, or
- Letting the home know you are happy with the way things are
- Participating in meetings, focus groups, interviews and surveys
- Making it known when you have concerns.
- Reporting your concerns either in writing or verbally.



### **What you should expect from residential aged care homes**

Homes regularly assess their own performance against the Accreditation Standards. To do this successfully, we need to hear from you. Whether you are a resident, a friend or relative, participating helps the home to see where it might need to make changes and to know what it is doing well. You may choose to participate in formal consultation, such as surveys, and give informal feedback through day-to-day conversations with staff at the home.

If you have problems or complaints, you should discuss these with Management.

If the home does not help, you may wish to contact the Aged Care Complaints Scheme.

**All residents have the right:**

- To be treated with dignity and respect
- To be informed about Agency visits and be given the opportunity to talk in private
- To be given choices in your daily living for example, the food you eat and the activities you enjoy.
- There is also a Charter of Residents Rights displayed around the facility and in the resident handbook.

**The facilities role in Quality Aged Care:**

Continuous Improvement is a systematic, ongoing effort to raise a residential care home's performance as measure against the 44 Accreditation Standards.

Continuous Improvement:

- Takes into account the needs of residents, and may involve them in improvement activities.
- Involves a focus on lifting performance in each of the Standards focusing on systematic and integrated improvements with clearly defined objectives.
- Is results-focused which can be demonstrated through outcomes and actions.
- Ranges in scale from smaller programs to significant initiatives.

Continuous improvement involves the establishment and support of a culture that aims for better practice in care and services for residents.

A culture of continuous improvement means the residential aged care home is responsive to change from a variety of inputs and can continually develop a quality service that is of value to the residents.

A sound continuous improvement program can demonstrate the following:

- Results – actual improvements made and their benefits to residents
- Planned and projected results – actual improvements planned or being introduced and benefits to residents
- Baseline – the current situation the home is trying to change
- Monitoring – systems to monitor a new process or activity during Implementation
- Evaluation – systems to monitor a new process or activity once it has been implemented and sustainability.



One aspect that distinguishes an organisation that 'actively pursues continuous improvement' from one that does not is the existence of a planned approach to improving.

We are continuing to demonstrate this in every aspect of daily care and service provision and ensures quality in Aged Care is clearly demonstrated.

We are proud of what we deliver and encourage you to communicate your needs, requests and concerns with us so we can continue to meet your needs.

Marita Seamer

Director of Nursing.



## Enjoying the sunshine

Residents are taking full advantage of the beautiful spring sunshine of late. The new look activity calendars, we now have two calendars, one for our Low Care Area and another designed specifically for our High Care Area have this month included many outdoor activities to encourage us to get out and about.

The calendars include additional country drives, morning and afternoon teas in our beautiful gazebo and



many walking groups, either to one of the local cafes or a stroll around the township, perhaps stopping for an ice-cream or to look at some of the local gardens.

### Happy Hour in the Sunshine

The beautiful spring sunshine has us all wanting to head to the outdoors for some much needed warmth.



Happy Hour is now regularly held outdoors, a cold drink, nibbles provided by the cooking group and sunshine, what more could one ask for.

Residents are reminded that everyone is welcome to join in.

### PAG Group Morning Tea

On Monday 7th September, Myrtleford Lodge hosted the local PAG Group for morning tea. Residents enjoyed much chatter and laughter with old friends.

Each month the group visits the lodge to catch up with friends who have been members of the group in the past.





### RDA Pasta Luncheon.

Myrtleford lodge residents joined in with the community to help raise much needed funds for the Riding for the disabled pasta lunch annual fundraiser on 9th September 2015 with 22 residents enjoying Defazio's famous pasta for lunch.



Pictured is Elvie England and John Newth who both joined in the successful fundraiser.

### New plantings

Have you noticed the many new trees planted around the facility.

Wes Quirk from our maintenance department has been very busy replanting the front boundary fence as well as planting an avenue of Manchurian Pear Trees on the large lawn area from the gazebo along the driveway past D Wing. They will in time be spectacular.



**FIGHT ALZHEIMER'S  
SAVE AUSTRALIA**

Alzheimer's Australia  
will be hosting the following  
information session at  
Myrtleford Lodge Aged Care  
73 Prince Street, Myrtleford.

21st October  
( 5.00pm ~ 6.30pm )  
Family and Friends Session.  
( no staff will be attending, or residents with  
dementia )

For more information or to  
register your attendance at this  
information session please

Contact: 57522 222

( Myrtleford Lodge Administration )



Families reunite

Elva Bromolow was captured meeting the newest edition to her lovely family, her great grandson, a little boy called Jude.



Sunbaking

Ian DeLarue was captured sunbaking in readiness for his family trip to Longreach with his daughter Jenny.

It has always been a dream of Ian's to visit Longreach and

according to his postcard that arrived today, Ian has reached Longreach having travelled well and is having a great time.

**In loving Memory of;**

**Kerry Croke**

**01/06/1948 ~ 24/09/2015**

**Our sincere condolences are extended to her family and friends**

**R.I.P.**



### Kicking her heels up

Dulcie Wheeler has been spotted practicing her dance moves ahead of the Spring Dance on 14th October @ 4.00pm.

### Word Challenge

On the 3rd of September the Word Challenge commenced with Woods Point Aged Care " Honorificabilitudinitatibus " means, with honour.

132 words were found in the 1 hour. Well done to all. I hear that Woods Point were the victors on this occasion.

### Friends reacquainting



How lovely to see old friends reacquainting at Myrtleford Lodge. Rosa Riella was thrilled to meet up with an old friend, Betty Barker who joined us in September for a short stay.

Betty ran the sewing shop in Wangaratta for a number of years and Rosa being a seamstress became one of her very dear friends.

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

**October Meeting is Tuesday 13th October .**

**Residents & Representatives are invited to attend.**



## Birthday Celebrations

Each month, Myrtleford Lodge celebrate residents birthdays with a cake for afternoon tea on the day as well as a monthly " Birthday Breakfast", when all of the residents with a birthday during the month get together in the A Wing Kitchenette to enjoy a hot breakfast of bacon, eggs, fruit or on occasion pancakes.



Gwen Keat enjoyed a birthday afternoon tea with not only one, but two cakes during September with her daughter Gloria and Residents.

Ingrid Lein was delighted to have received some beautiful flowers on her special day, with one bunch sent from family in Germany.





## More Birthday Celebrations.



Shirley Luke was another Resident to enjoy her Birthday during September at the Lodge.

Shirley was delighted to receive this special bouquet of fresh flowers.

## October Birthdays

Jean Murphy ~ 4th October.

Flavio Faggion ~ 8th October.

Steven Vayda 12th October.

John Newth ~ 18th October.

Philip Jones 19th October

Beverley Allan ~ 21st October

Nola McGeehan ~ 26th October.

From the Residents and Staff at Myrtleford Lodge we wish you all a very Happy Birthday, may you enjoy a wonderful day with your family and friends.

The Birthday Breakfast for October is scheduled for Tuesday 13th October. Invitations to Residents will be sent shortly.





*An Invitation is extended to all  
Residents, Resident Representatives  
& Friends*

*to attend the  
Myrtleford Lodge Aged Care*

# *Spring Dance*

*Wednesday 14th October*

*4.00pm.*

*Myrtleford Lodge Dining Room*

*Entertainment to be provided by  
Daryl Mummery.*

**Now Showing**

**At the Myrtleford Lodge Theatre Room**

---

**Wednesday 14th October 1.30pm**

**Rogers & Hammersteins**

**The King and I**

---

**Wednesday 28th October 1.30pm**

**Michael Flatley's**

**Fleet of Flames**

**“ The dance event of the decade “**

---

**As the weather has improved, more outside activities are planned for the month of October.**

**Should you wish to watch a movie other than at these Times, please ask the activities staff and they will be happy put one on for you.**

Grandparents Afternoon at Myrtleford Lodge

Myrtleford Lodge will be hosting a Grandparents afternoon on Friday 23rd October 2015 from 2.00pm.

Please come along and join us for an afternoon of fun and games for all ages.

Light refreshments will be provided.



grand  
parents day

A simple hand-drawn sun with a smiling face, positioned above the text 'grand parents day'.

### Save the Dates

#### Alzheimer's Australia Information session.

Alzheimer's Australia will be hosting a number of information sessions at Myrtleford Lodge during October.

We are very pleased to announce they will provide an information session specifically for family and friends who would like to gain a better understanding of the disease as well as provide an opportunity to ask questions to health professionals in a casual setting.

Wednesday 21st October. 5.00pm to 6.30pm.

All family members & friends welcome.

No staff or Residents will be attending this session.

#### Residents / Representatives Christmas Party.

Yes it's time to mark the date in your calendar for the Residents / Resident Representatives, Friends and Family Christmas Party.

Tuesday 1st December.

Entertainment by Daryl Mummery. Further details and invitations will be included with the November Newsletter.

#### Residents Computer Access.

Myrtleford Lodge Management are in the process of ordering and setting up a new computer specifically for Residents use.

With a little guidance, Residents will soon be able to email and Skype with Family and friends.

## ***A note from the Administration desk***

### Medicare and Pension cards;

Administration has recently completed an audit of Pension, Medicare and DVA card expiry dates, with the outcome showing many dates on the system having expired.

Please, if you receive a letter requesting you to update your details, call in to see administration staff so that we may take a copy and update your details.

### New Satellite

Myrtleford Lodge Management have been approached by a representative from the Myrtleford Bocce club who would like to donate \$2000 towards a satellite and antenna for Myrtleford Lodge so that all televisions in the facility can have access to the Italian news. The total cost for a new satellite and antenna fully installed is about \$3000. Wayne Teakel from Vision Antenna & Tech Services has an anonymous person from the community who would like to donate the further \$1000.00 to supply and install the new antenna and satellite.

Myrtleford Lodge would like to thank the community for their generosity, being able to receive the Italian News for many of our Residents will further enhance their daily living activities.

Thankyou to all involved.

### Residents Representatives Email Addresses;

If you have an email address and would like to be included to receive a copy of the Monthly Newsletter and further correspondence, simply send an email to;

[admin@myrtlefordlodge.com.au](mailto:admin@myrtlefordlodge.com.au)

Till next month