

Welcome to the December
edition of;

“On the Grapevine”.

The Myrtleford Lodge
Aged Care Residents &
Representatives monthly
Newsletter

Merry
Christmas



This month we focus on Expected Outcome –

3.8 Cultural and Spiritual Life

This expected outcome requires that:

Individual interests, customs, beliefs and cultural and ethnic backgrounds are valued and fostered.

The focus of this expected outcome is:

- Management demonstrates its processes, systems and external relations are effective in valuing and fostering each individual care recipient's interests, customs, beliefs and cultural and ethnic backgrounds.
- Advice from care recipients/representatives confirm they are satisfied the home values and fosters care recipients' individual interests, customs, beliefs and cultural and ethnic backgrounds.

The processes implemented at Myrtleford Lodge involve a combination of the following:

On admission the resident is assessed identifying individual interests, customs and beliefs, cultural and ethnic backgrounds. This is in consultation with the resident/representative or other significant people.

Assessments and reviews of spiritual needs are conducted in the preferred language of each resident. We have bilingual staff to assist.

Consideration of past and current cultural, religious, spiritual and ethnic practices are documented.

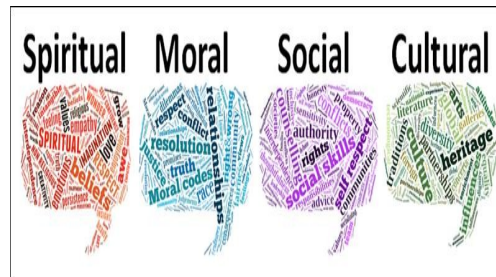
By identifying current and desired practices and beliefs, this will assist staff to meet the needs of our residents from culturally and linguistically diverse backgrounds.

The religious beliefs of some of the residents may require strict adherence to ritual and influence all aspects of their daily life.

The needs of residents may also change over time and regular reassessments are conducted to ensure the information is current. This will also ensure the support provided is relevant to the residents care needs.

Staff also need to demonstrate an understanding of particular religious practices and beliefs that will assist you in the provision of culturally appropriate spiritual support. However, it is always important to identify individual needs and preferences and not assume that all people who speak the same language practice the same religion, or that all people following the same religion practice the same rituals or share the same beliefs

Culturally appropriate assists residents to unique spirituality in -judgemental helping them to maintain important practices, beliefs and networks.



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There are a variety of religious and spiritual observances in the living environment of our facility.

Staff and representatives assist residents to maintain existing religious networks and residents have access to appropriate religious representation.

The facility acknowledges and observes days of religious significance in a culturally appropriate manner.

Resources are available in the preferred language of residents.

Residents have access to culturally appropriate emotional support.

The staff and volunteers foster links with local community organisations that share the culture, language and religion of residents.

Staff facilitates community and family involvement in activities and provide support for residents to remain engaged with existing community networks.

The availability of community volunteers assist in providing social visits in the preferred language of residents.

For residents with dementia effective communication is critical as they gradually lose the ability to organise and express their thoughts. Communication issues can be even more significant for people from culturally and linguistically diverse backgrounds, who may not be able to communicate to staff or other care recipients in their preferred language.

Addressing cultural diversity across all care services and therapies, and in the living environment of our facility, will help you live in a safe, comforting, familiar and orientating environment for all residents including those with dementia.



If you have any concerns with regards to your cultural and spiritual needs or have any questions, ensure you discuss with Myrtleford Lodge staff to ensure your needs are met. By addressing cultural diversity across all health and personal care services this will ensure we provide culturally appropriate care that acknowledges and respects the integrity of each resident.

Marita Seamer

Director of Nursing

Celebrating Oaks day at Myrtleford Lodge

Myrtleford Lodge Residents celebrated Oaks Day as part of the Spring Racing Carnival.

Tables were set with our finest, drinks were served, hats were adorned and the judging of fashions on the field took place.



Pictured are Joan Stevens and Olga Feltrin, two of the Many ladies who decorated and wore hats on the day.



Celebrating Oaks day at Myrtleford Lodge

Gwen Naughton and Vanda Rinaldo also participated in our Oaks day celebrations participating in our Fashions on the Field followed by a special "High Tea" which was enjoyed by all.

Residents also received prizes from our Melbourne cup sweeps on the day.



Thankyou to Fedora Gaspari one of our visiting family members who assisted us with the judging of fashions on the field and best hat on the day.

New Flag for Myrtleford Lodge

Myrtleford Lodge were presented with a new Australian Flag by Mr Kevin Pitts on behalf of the Myrtleford Branch of the RSL.

Pictured is Wes Quirk, Fay Fear and Kath Evans who raised the flag on remembrance day.



Thankyou to Fay Fear who has agreed to assist us with raising the flag when appropriate.

Myrtleford Lodge Residents Cake Raffle



Myrtleford Lodge Residents have lovingly made a decorated Christmas Cake that they have decided to raffle.

Tickets are \$1.00 each or 3 tickets for \$2.00.

Thankyou to Lorna Wills who provided the family recipe and to the family of the late Ruth Welsh for donating to us the decorations that Ruth had made to adorn the cake prior to her passing.

The raffle will be drawn at lunchtime on the 14th December 2016.

December Birthdays

Ila Treloar ~ 5th December

Olga Feltrin ~ 12th December

Paola Castagna ~ 31st December

Myrtleford Lodge Residents and Staff wish you all a very Happy Birthday.

May you enjoy your special day with your families and friends.

Pictured below are two of our November Birthday ladies, Giovanna Tollardo and Elvie England who celebrated with an afternoon tea together with family members and Residents.



Activities at Myrtleford Lodge

Myrtleford Lodge residents enjoy many varied and interesting activities as part of our Diversional therapy program.



John Debruyn and Beryl Morgan are pictured enjoying on this occasion one of the many puzzles.

Residents were thrilled to have John Goodman visit Myrtleford Lodge with a gramophone that belonged to his grandfather. The gramophone was in excellent condition with John able to



explain how it works, the history of the gramophone as well as play music. We thank John for his time as this provided residents with a beautiful trip down memory lane of days when family entertainment consisted of sitting around in the evenings together listening to music.

Activities at Myrtleford Lodge

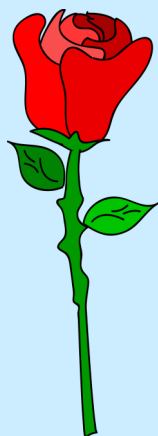
Residents were treated to a concert by Gwen Mathews and friends on Sunday 6th November. Gwen is always popular with the residents as the shows become very interactive with Residents encouraged to sing-along and dance and sing if they wish.



Gwen and friends will be back to entertain us with a Christmas concert on Sunday 4th December.

As per the events calendar many of our local schools, choirs, scouts and entertainers will

be visiting Myrtleford Lodge providing entertainment throughout December.



In loving memory;

Len Wheeler, 5th November 2016

&

Jack Larkin, 13th November 2016

Myrtleford Lodge Residents and Staff extend sincere condolences to the Wheeler and Larkin families during this sad time.

May they rest in eternal peace.

December Special Events



1st December ~ Stanley Choir from 10.30am
~ College students, concert from 2.00pm.

2nd December ~ Delizie Cafe,
Afternoon tea, musical entertainment, ukulele club

4th December ~ Sing-along from 10.00am

~ Concert, Gwen Matthews & Friends
from 2.00pm.

6th December ~ Residents & Representatives
Christmas Party

7th December ~ RSL Ladies Christmas Luncheon
Scout group to perform from 5.00pm.

8th December ~ St Marys Italian Choir, 1.30pm

9th December ~ Happy Hour, Main living area 3.30pm

13th December ~ Residents / Representatives meeting.

14th December ~ Christmas Cake raffle drawn, 12.30 pm.

15th December ~ P12 College students, Carols from 9.30am

24th December ~ Christmas Eve

25th December ~ Christmas Day

26th December ~ Boxing Day

30th December ~ Sadie Michael Fashion display. 2.00pm.

Happy Hour, New year drinks from 3.30pm

31st December ~ New Years Eve

Many more activities, walking group, cooking, cards, scrabble,
carpet bowls , please refer to the monthly calendars.



Your Invited to join us for the
Myrtleford Lodge Residents
& Representatives
Christmas Party.

Tuesday 6th December.

D Wing Residents. 12.30pm to 1.30pm.

Low Care Residents. 3.30pm to 6.30pm

(Residents and Representatives are
welcome to join both celebrations.)

Entertainment by; Daryl Mummary

Light Dinner of finger food.

\$5.00 per head for non Residents

RSVP to Administration prior to
2nd December.

A note from the Administration Desk

Christmas Planning;

Administration recently sent out correspondence relating to Residents Christmas and New Year plans.

This questionnaire will assist us to gather important information to send to our Chemists for Residents requiring additional Webster Packs for any Social Leave as well as assisting our Care staff to ensure that Residents are ready to attend family celebrations.

Thankyou to our families who have returned the correspondence to Administration, we gently remind Residents & Representatives to please return the forms once your plans are known.

Fresh Fruit;

Residents are reminded that fresh seasonal fruit is available daily from the Main Kitchen. Please just knock on the door of the kitchen and our friendly catering staff will be happy to assist you.

Residents Phone;

Residents will have noticed that a pay phone has been placed in the main living room near the front entrance for Residents and visitors use, please ask for assistance if required.

Residents & Representatives Meeting;

Residents /Representatives meetings are held on the second Tuesday of every month @ 3.00pm following the afternoon tea service. Should you wish to join us you will be made very welcome. These meetings are a great way to share ideas, concerns, compliments or any issues that you may have.

A note from the Administration Desk

Hot weather;

As December is the first month of summer we remind our Residents and Representatives of the importance of staying hydrated.

Should you be going on an outing, try to go early in the day, remember your hat and sunscreen and drink plenty of fluids.

Newsletters and Calendars of events;

Recently Myrtleford Lodge have welcomed many new residents and their families, should you wish to receive the monthly Newsletter and Calendar of events, please either leave your email address with Administration Staff so that we may add it to our contact list or send an email to;

admin@myrtlefordlodge.com.au

Seasons Greetings;

Myrtleford Lodge Management and Staff wish all of our Residents, Resident Representatives, Visitors and Volunteers a very Merry and safe Christmas, we thank you for your ongoing support and kindness throughout the year and look forward to 2017. As staff members it is always a pleasure to play a small part in your every day lives.



Merry Christmas to all.