



*Welcome to the February
2016 Edition of;
" On the Grapevine "*

*The Myrtleford Lodge
Residents & Representatives
Monthly Newsletter.*

Palliative Care:

Death. It's hardly the go-to topic of conversation you would like to read in the newsletter and most of us go to such lengths to avoid talking about it with our loved ones.

Ironically, death is thrust in our faces almost every day and will happen to all of us. Below is an excerpt from the 'Aged Care Carer blog' on the 10 signs end of life is near and what you can do to support this process.

Caring for someone at the end stage of life is one of the hardest things you will ever do. It can be emotionally and physically draining. We all want to feel that we have done everything we possibly can for a family member. When death comes suddenly this isn't always possible.

Dementia is a progressive disease meaning an individual's condition will get worse over time. This can be distressing to watch, sometimes taking years. It can be hard to comprehend that dementia is a terminal illness but the symptoms associated with dementia do contribute to death.

People with later stage Alzheimer's are normally confined to bed, dependent on others for all their care. Everybody is different but there are some signs that indicate death is approaching.



1. Profound weakness and fatigue, difficult to rouse
2. Bed-bound and loss of strength, dependent on others for repositioning
3. Loss of appetite, difficulty swallowing and unable to take fluids
4. Weight-loss
5. Increased pain, confusion or restlessness
6. Changes in level of consciousness, non-communicative, may still be able to hear you
7. Incontinent of urine and bowel movements
8. Unable to or not interested in showering or eating
9. Changes in colour as blood circulation slows, feet can appear blue and cold to touch
10. Irregular breathing patterns, breathing can be shallow, gurgle or rattle, it can stop and start

An inability to communicate means many caregivers find it hard to determine a family member's wishes.

When death is close, your main goal is to relieve symptoms and provide comfort. Either at home or in residential aged care, health professionals will make sure they do everything possible to keep your family member free of pain.

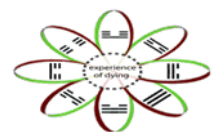
This may mean using a number of different medications including morphine. Medications for pain can now be given orally, via a patch or via a subcutaneous infusion or syringe driver.

Always notify the RN in charge or care staff if you feel your loved one is in pain. Medication will often need adjusting to ensure a person is comfortable and pain free.

Towards the end stage of life a person can show signs of agitation and restlessness. This can be very distressing for a dying person and a carer. Calling out, moaning or confused speech can be associated with delirium or discomfort. Describe these symptoms to your doctor as they can be relieved by medication or could be related to problems with constipation, medication or urinary retention

Things you can do:

- Allow the person to sleep as much as possible, ensure a quiet environment with soft lighting
- Reposition a person if it makes them comfortable
- Moisten a person's mouth with a damp cloth (lanolin to dry lips)
- Use a cool cloth or fan if a person is too hot, light blankets as opposed to heavy doonas
- Place a fan close by if a person is experiencing breathlessness
- Play a person's favourite music
- Continue to talk to a person, they may be able to hear you. Be reassuring and comforting
- Continue to touch a person, lightly massage or stroke their hands
- Limit visitors and ask if they can identify themselves
- Ask a nursing home to place a bed nearby for you to sleepover
- Write anything down a person says as it may be comforting
- Give medication as required and report to a doctor or nurse any signs of pain, anxiety, restlessness and noisy breathing.



Remember to ask questions when you need to and seek out the support of others when you can. A Care staff and specialist palliative care nurses can support you and your family at such an emotional time.

Many family members decide to keep a vigil by remaining at a person's bedside for hours at a time, remember to rest and take turns with friends and family. It's not unusual for a dying person to slip away when family members leave the room.

We want to encourage all residents to:

- make their end of life plans such as wills and health directives
- share these wishes with their families
- get informed about end of life and death care options
- be better equipped to support family and friends experiencing death, dying and bereavement.

We hope this information provides you some useful tips to use when the time comes. If you would like to discuss anything related to resident's wishes and the Limitations of Medical Treatment form please see your GP or senior staff at Myrtleford Lodge.

Marita Seamer
Director of Nursing



2016. Leap Year

When : February 29, 2016 ;

Leap Day is every four years....almost. It's every four years except years ending with "00" that are not divisible by 400. The year in which Leap Day occurs, is called a Leap Year

Why the fancy calculation? The earth rotates around the sun once every 365 and about 1/4 days. So, by adding an extra day every four years, we get mighty close to keeping the calendar consistent with the earth's annual trip around the sun. And to be very precise, the earth orbits the sun every 365.242190 days. So, on years ending in "00", (except those not divisible by 400) we skip Leap Year and Leap Day. With all that fancy calculating out of the way, let's just celebrate the day.

Did you know? There are occasional "Leap Seconds". We will spare you the detail on those, except to say it helps to correct minor variations. On December 31, 2015, the folks who maintain the official time for the planet, will add an extra second to the day!

If your birthday is on Leap Day, congratulations, you finally get to celebrate your birthday on your birth date. Just how many of us are celebrating our Birthday on Leap Day? Only about one in 1461 people. If you were born on this day, consider yourself very, very special.



Afternoon Movies

Whilst movie days do not feature as a regular planned activity, diversional therapy staff ensure that they are included as part of daily activities depending on the weather. On one of our recent really hot days, Myrtleford Lodge Residents were treated to Gold Class at the movies. Pictured below are several of our gentlemen who were treated to a movie complete with crown lager and nibbles.



Thankyou to one of our community members Des Freedman who is also happens to be one of our local Paramedics.

Des came in to share a laugh, a joke and a cold beer with our men's group one evening, he enjoyed the gathering so much that he delivered two boxes of crown lager for the group to share and enjoy at the next gathering.

Thankyou Des, you are a lovely community minded fellow and we appreciate your generosity.

A little visitor

Residents received a visit from a very special little puppy called Nala, Nala is a miniature tea cup Chihuahua who belongs to one of our staff members who brought her along to meet everyone.

Pictured enjoying a cuddle, clockwise from the top is, Alfa Dwyer, John Newth, Elvie England, Shirley Osborne and Shirley Luke.

By all accounts Nala will come back to see us again soon.

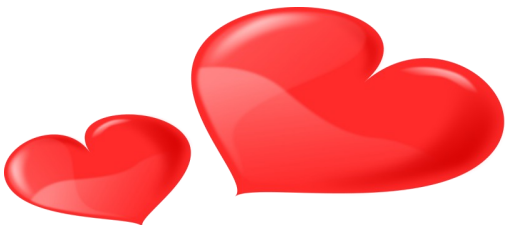


Birthdays at Myrtleford Lodge

Shirley Drinkwater is pictured with one of her two birthday cakes making a wish before her cakes were sliced and shared by all.



Alfa Dwyer also enjoyed Birthday celebrations with a lovely surprise morning tea provided by her niece, Gayle Hughes.

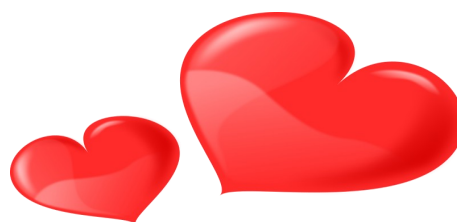


Birthdays at Myrtleford Lodge

Edna Sheppard recently enjoyed her birthday surrounded by



her family, daughter Francis, granddaughter, Tracey and great granddaughter Maya.



February Birthdays



Allan Smart ~ 7th February

Colin Rose ~ 8th February

Glenn Ayers ~ 19th February



Myrtleford Lodge Residents and Staff wish you all a very Happy Birthday, may you enjoy your special day with family and friends.

Birthday Breakfast is scheduled for Wednesday 10th February.

Hip Hip Hooray

Social gatherings

Cheers!. Our social gatherings are always an enjoyable afternoon or morning spent sharing a laugh or two with friends. Everyone is welcome to attend any or all of these gatherings, they are scheduled on the monthly calendar located on notice boards within the facility.



Cheers!

Pictured is Vanda Rinaldo, Moira Mead, Jean Murphy and Dulcie Taylor.

Mary Zamperoni, Jean Murphy, one of our volunteers, Julie Carter and Flo Pedder who were pictured relaxing and reminiscing of family and days gone by.



Italian Luncheon

Again this past month Residents enjoyed a beautiful Italian Luncheon cooked and enjoyed in A wing kitchenette.

Frank Iaria and Rita Sguario, two of our volunteers were on hand to assist activities staff, beautiful pasta, pane, salad and



wine were enjoyed to the beautiful sounds of Italian music.

Pictured are Residents and Volunteers enjoying traditional Italian fare together.

Bellissimo.



Special Events this month.

1st February ~ PAG Morning Tea



3rd February ~ Entertainment by Trevor Dawson



9th February ~ Shrove Tuesday (Pancake Day)

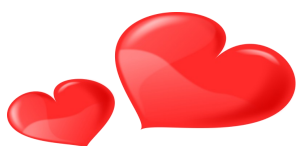
9th February ~ Residents & Representatives Meeting.

10th February ~ Birthday Breakfast



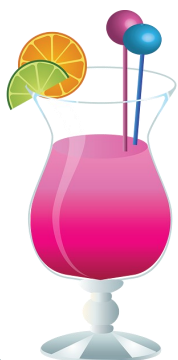
11th February ~ Entertainment. Magical Musical Melodies

12th February ~ Happy Hour at Myrtleford Lodge



14th February ~ Valentines Day

17th February ~ Traditional Pasta Luncheon.



18th February ~ Entertainment by Peter Robbers.

26th February ~ Happy Hour at Myrtleford Lodge

In loving Memory of;

Antonio Bonato

Passed away 1st January 2016

~ ~ ~ ~ ~

Palmerina Ivone

Passed away 5th January 2016

~ ~ ~ ~ ~

Irene Hooper

Passed away 9th January 2016

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Gilbert Leask

Passed away 13th January 2016

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

May they Rest in eternal peace.

A Note from the Administration Desk

Entry & Exit at Myrtleford Lodge: We remind our Residents, Families and friends of Myrtleford Lodge to please ensure that when entering and exiting the facility that you please use the front entrance doors only and not the side or back door.

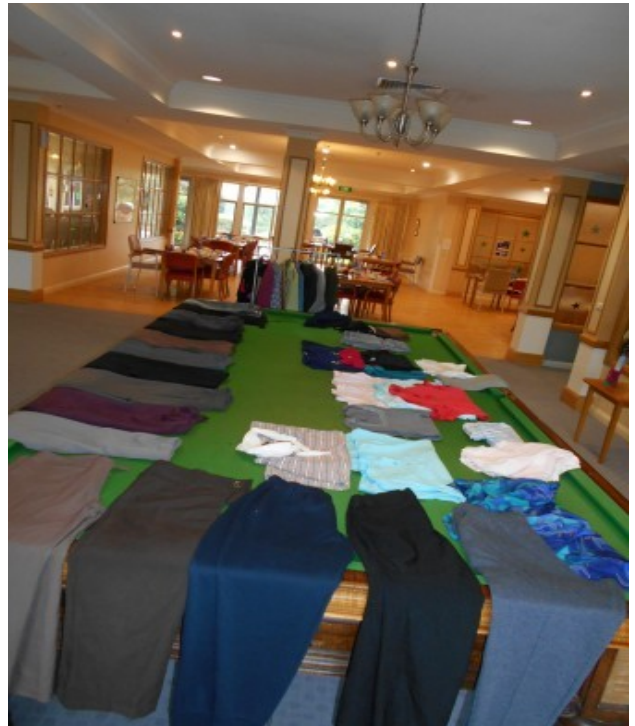
We require all visitors to please sign in on entry and sign out when exiting so that we are aware of who is in the building at all times for both security as well as should an emergency situation occur.

We thank you for your full cooperation.

Lost Property: Residents clothing is required to be labelled, unfortunately this photo was taken of the lost property for only the last two months due to no labels on the clothing.

Staff try to remember who the clothing may belong to but ultimately if we could ensure every item of clothing is labelled we would not lose any items when placed in the wash.

Not pictured is a basket full of socks and underwear.



A Note from the Administration Desk

Residents Petty Cash System:

Myrtleford Lodge Administration offer a Petty Cash System for all Residents who choose to use the system. This can be set up for payment of incidentals such as Hairdressing, outings etc.

We ask that only a minimum amount be left with Administration Staff, please ask administration staff at any time for a balance to ensure funds are available to cover hairdressing costs either by email, phone or when you are visiting the facility.

A Wing Kitchenette;

Our A Wing Kitchenette is available for use by Residents and their visiting families, however we do ask that you please tidy up after use. Should you require any clean tea towels or dishwasher capsules please do not hesitate to notify one of our staff members. Again we thank you for your assistance.

Residents Shopping;

Myrtleford Lodge Staff members are unable to provide a shopping service for Residents on a daily basis.

Our Divertional Therapy Staff run a small "shop" that is stocked with supplies. Further to the shop, each Friday as per the calendar, the Myrtleford Lodge Bus will take Residents to and from the local retail shops. Residents who do not wish to go by bus can leave a list with Divertional Therapy Staff who will complete and sign off together with the Resident their shopping requirements.

We also ask family members to assist their families with any purchases they may require.

Thank you.