

*Welcome to the September
edition of
“On the Grapevine”
The Myrtleford Lodge Aged Care
Residents / Representatives
monthly Newsletter.*

*Happy
Father's
Day*

*Myrtleford Lodge wish all of our
fathers a very Happy Fathers Day on
Sunday 4th September.
May you all enjoy this special day*

September History

September heralds the commencement of Spring



1783; The first Hot Air Balloon is tested—with a duck, a sheep and a rooster as passengers.

1853; Australia's first Paddle steamer, the "lady Augusta" reaches Swan Hill on it's maiden voyage.

1892; Ambulance Services commence in Queensland Australia, the first service anywhere in the world.

1901; The Australian Flag is flown for the first time from the top of the exhibition building in Melbourne.

1906; The first Australian licence plates and Drivers licence are issued.

1922; Henry Lawson, one of Australia's best know authors passes away.

1945; Japan signs an unconditional surrender, officially ending WW11.

1951; The ANZUS treaty between Australia, New Zealand and the United States of America is signed.

1973; The first performance takes place in the new Sydney Opera House.

1985; American undersea explorer, Dr Robert Ballard locates the wreck of the Titanic.

1988; The Golden Wattle is officially proclaimed as the floral emblem of Australia.

1997; Mother Teresa, famous for ministering to lepers, the homeless and the poor in the slums of Calcutta passed away.

This month we focus on Expected Outcome –

2.14 - Mobility, Dexterity and Rehabilitation

This expected outcome requires that:

Optimum levels of mobility and dexterity are achieved for all residents.

The focus of this expected outcome is:

Management demonstrates each resident's level of mobility and dexterity is optimized.

Residents/representatives confirm they are satisfied with the home's approach to optimizing residents' mobility and dexterity.

How we implement at Myrtleford Lodge:

During the residents admission, staff complete a Falls Prevention Checklist that documents falls history, medications, sensory status, gait and steadiness, transfers, reach, foot status and dizziness. A Falls Risk Assessment Tool is completed and a mobility care plan is developed. The mobility care plan includes a Mobility, Transfer and Falls Strategy that identifies equipment and assistance needs.

All residents who experience a fall, have a falls investigation completed and are seen by the visiting medical officer. Immediate emergency response is implemented according to the seriousness of any injuries sustained.

Analysis of data is conducted monthly on all falls and all available strategies are implemented which may include hip protectors, use of walking aid, sensor mats, review of the environment to ensure not cluttered, maintenance of equipment through preventative maintenance schedule, vitamin D administration, nutrition and hydration, pain management, environmental inspection checklists, continence ,




management, podiatry visits, medication reviews and monthly review of care plan. The home provides a range of mobility equipment for the use of residents. A range of strategies are implemented to assist residents to maintain their mobility and dexterity and to recover from illness or injury.

Care staff take an active part in targeted and individualized falls prevention care plans for residents, based on screening and regular assessment;



Dehydration (low fluids) can affect the balance and cause confusion and hypotension (low blood pressure). Encourage residents to drink 6-8 glasses of water per day during summer and winter. 🥛 🥛 🥛 🥛 🥛 🥛

Resident's representatives can assist by encouraging and offering fluids when visiting.

Hip protectors can prevent / reduce hip fractures by 35-60% by absorbing the impact of a fall  into the soft tissue and muscles of the thigh.

We also have a physiotherapist that undertakes assessments of all residents on admission and then as required. The physiotherapist develops an exercise plan to assist with mobility and promotion of independence.

“Research has indicated that between 10% and 50% of falls in residential aged care facilities involve an environmental hazard, and over half of them occur around the resident's bedside.” (National Ageing Research Instituted Oct 2009)

It is critical to ensure that the resident's call button and personal items are in reach; that call bells are attended to promptly; that residents are assisted to the toilet at regular intervals; and that residents have the appropriate walking aids.

Equally, appropriate equipment is required to minimize the risk of residents falling including use of low beds, falls mats and sensor alarms. This equipment is assessed and implemented by the care staff.

It is important for residents and their representatives assist with the falls prevention by ensuring the room is not cluttered and plenty of space is available to enable staff to provide care.

Myrtleford Lodge's aim is to reduce falls as well as reduce the severity of injury following a fall.

If you would like to discuss any concerns do not hesitate to contact the Registered Nurse, Amanda Graham (DDON) or myself.

Marita Seamer – Director of Nursing

Residents / Representatives Meeting

Held on the second Tuesday of every month @ 3.00pm.

Next meeting is scheduled for Tuesday 13th September.

The meeting is a great way to keep informed as well as providing an opportunity to discuss ideas.

Everyone is most welcome to attend.



Enjoying the Sunshine

Spring has arrived with the commencement of September and our Residents have already begun to enjoy the few days of sunshine that we have had leading up to spring.



On Monday 29th August Residents enjoyed afternoon tea under the pergola. Pictured waving are James Shanks and Trish Henson, enjoying a cup of tea together are

Lynn and her husband Jim who came to visit, and wandering together in the sunshine is Tony Baldori and Rosa Riella.



Mini Olympics

Myrtleford Lodge enjoyed the Olympic Games during August, many hours of Television were viewed both on the Big Screen in the theatre room as well as the many televisions throughout the facility.

Residents were kept up to date daily at the morning Newspaper reading and to further join in the celebrations Residents enjoyed several mini Olympics competitions.



Elvie England is pictured cutting the ribbon to officially open the theatre room big screen to herald the commencement of the games at Myrtleford Lodge.

Our bowls medallists.

Vanda Rinaldo, gold medallist, Giovanna Tollardo, silver medallist and Ida Frizzo our Bronze medallist.

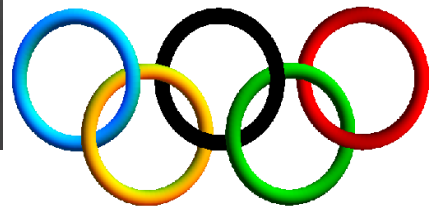


Mini Olympics

More mini Olympic bowls competitions were held, with the medals this time going to Antionetta Costanzo winning gold, Ruth Welsh winning silver and Ida Frizzo again winning the bronze. Well done ladies.



Carpet bowls continues to be one of the most popular activities at Myrtleford Lodge with many Residents joining in.



Our Olympic theme will be running for a few more weeks, with the Paralympics set to commence 7th September and running for two weeks, we look forward to supporting our Australian athletes.



Country Drive

Residents enjoyed a drive to Lake Buffalo to witness the huge volume of water gushing through the open gates on the dam wall following a week of heavy rain.

By all accounts the views were spectacular, with the Residents enjoying the outing immensely and activities staff vowing to include a day trip to the Dam on the calendar as the weather improves.



Skype

Residents continue to be amazed with modern technology. Luigina Degrazia is often seen enjoying skype with her son John.

If you would like to skype with family at Myrtleford Lodge just give us a call so that we may assist.



Donations to Myrtleford Lodge

Myrtleford Lodge are thrilled to have received a donation of four beautifully handmade sensory mats from a friend of a relative of one of our Residents. The sensory mats will be used as part of our Diversional Therapy program, we thank Bett Hutchison for such a kind donation.



Myrtleford Lodge have also had two large boxes of wool donated by the Wangaratta Woollen Mills. Pictured is Heather Cowie and Gwen Naughton with some of the wool.

As many of you would know, Gwen knits beautifully and was so happy to see the wool she said " It's like Christmas ".

We also thank the Woollen Mills for such a generous donation.



Spring is in the Air



Pictured is Ted Fenn proudly showing off some of the fresh produce that he enjoys growing at Myrtleford Lodge.

Our Catering Manager was very happy to accept these home grown cabbages to be enjoyed at the dinner table.

Also out in the sunshine is Shirley Drinkwater enjoying a visit from her son Michael.

How special.



In loving memory of;

Phyllis Watson ~ 14th August 2016

&

Peter Bursill ~ 16th August 2016.

Myrtleford Lodge Residents, Staff & Management extend sincere condolences to the families and friends of Phyllis and Peter.

May they rest in eternal peace.

Birthday Celebrations at Myrtleford Lodge

Mavis McConville celebrated her 90th Birthday at Myrtleford Lodge surrounded by many family and friends ahead of her party at the Buffalo Hotel recently.



Ron Cherry enjoyed his Birthday with his wife Ruby.

Bill Naughton also enjoyed Birthday celebrations in August with afternoon tea in his honour.



Bill is pictured above with his wife Gwen and again with all of the Residents at afternoon tea.

September Birthdays at Myrtleford Lodge

Gwen Keat ~ 2nd September.

Dulcie Taylor ~ 5th September.

Ingrid Lein ~ 7th September

Shirley Luke ~ 10th September

Bill Judson ~ 13th September

Beryl Morgan ~ 24th September

Vanda Rinaldo ~ 25th September

Gwen Wood ~ 26th September

Ted Fenn ~ 28th September

Eva Meier ~ 30th September.

From the Residents, Staff and Management of Myrtleford Lodge we wish you all very Happy Birthday.

May you enjoy your special day with Family and Friends.

Myrtleford Lodge Catering staff supply a cake for each resident to enjoy on their special day at afternoon tea time.

Fresh Fruit

Residents are reminded that fresh seasonal fruit is available from the Kitchen at any time.

Please just knock on the Kitchen door to ask the catering staff who will be very happy to assist you.

A note from the Administration Desk

Dental Van:

Recently correspondence was sent to all Residents/ Representatives regarding the Wangaratta Dental Van consulting at Myrtleford Lodge on the 26th, 27th & 28th September 2016. A little reminder that the Dental Records Form needs to be returned prior to the 26th as the Dental Technician will be unable to consult with any Resident who has not returned the authorisation.

Newsletter & Calendars

Should you wish to receive the Myrtleford Lodge monthly Newsletter, please let Administration Staff know your email address or alternatively send an email to;

admin@myrtlefordlodge.com.au

And we will include your details in our list of contacts.



Relay for Life:

As many of you would be aware Myrtleford Lodge Staff have entered a team in this years Relay for Life, raising money for the Cancer Council of Australia.

Thankyou to everyone who has contributed so far, our Winter Warmer Raffle was drawn on Daffodil Day 26th August, by Gwen Naughton who provided one of the prizes, a beautifully knitted toy doll. \$ 80.30 was raised in total.

Winner of the raffle was Bob Stevens, Resident of Myrtleford Lodge, his lovely wife Joan accepted the prize on his behalf.



A Dad is a person
Who is loving and kind,
And often he knows
What you have on your mind.
He's someone who listens
Suggests and defends.
A dad can be one
Of your very best friends;
He's proud of your triumphs,
But when things go wrong,
A Dad can be patient,
Helpful and strong.
In all that you do
A Dad's love plays a part,
There's always a place for him
Deep in your heart
And each year that passes,
Your even more glad,
More grateful and proud,
Just to call him your Dad!
Thank you Dad.....
For listening and caring,
For giving and sharing,
But, especially for just being you.