A low-angle photograph of a field of red poppies. The flowers are in various stages of bloom, with some fully open and others as buds. The stems are thin and dark, contrasting with the bright red of the petals. The background is a cloudy sky, with the clouds appearing in shades of grey and white. The overall mood is somber and reflective.

LEST WE FORGET

**Age shall not weary them
nor the years condemn
with the going down of the sun
and in the morning
we will remember them**



Welcome to the April Edition of;
“On the Grapevine”

The Myrtleford Lodge Residents/
Representatives Monthly Newsletter



The Myrtleford RSL branch will be holding a service at Myrtleford Lodge Aged Care prior to ANZAC Day, as many of our Residents are not able to attend the official services on 25th April.

Date and time to be advised and displayed throughout the facility.



LEST WE
FORGET

Hello again, I thought this month I would discuss the following accreditation standard:

Expected outcome: 1.2 Regulatory compliance

Regulatory compliance is an organisation's adherence to laws, regulations, guidelines and specifications relevant to its business. This expected outcome requires that: The organisation's management has systems in place to identify and ensure compliance with all relevant legislation, regulatory requirements, professional standards and guidelines.

The focus of this expected outcome is 'processes and systems'. Myrtleford Lodge has a system for identifying relevant legislation, regulations and guidelines, and for monitoring compliance with these in relation to the Accreditation Standards.

Systems are in place to identify what documents we need and include;

An annual subscription to ANSTAT who provide an Aged Care package of core acts and regulations.



Updates of any changes to legislation are provided throughout the year through a myriad of aged care and relevant agencies. These include legislation, regulations,

core standards, guidelines and professional literature that guides practice and is available to staff.

Work practices are guided by documented policies, processes and procedures which reflect contemporary practice and regulatory requirements.

Policies, processes and procedures are referenced to the relevant regulatory requirements and professional literature.



Internal assessment (audits) assess overall work practice compliance to documented policy and procedure and therefore regulatory compliance.

Where gaps in practice are identified these are followed up using an Improvement Form and discussed at relevant meetings and or education sessions.

When there is a change to legislation, regulations, standards and or guidelines that indicate changes are required to work practices the relevant manager reviews the information and identifies the need to change and whether it will affect the whole of the organisation or a specific department.

When changes to legislation indicate changes are required to work practices, this is documented and the relevant information is raised on the relevant committee agenda for discussion and follow up.

Changes to policies, processes, procedures and staff education as required occurs to implement the necessary changes. In some cases action maybe required immediately prior to the next meeting. In which case action is taken and then information and or education provided to staff and residents/representatives as relevant.

As required by the Aged Care Act, Quality of Care Principles ongoing accreditation is required to provide residential aged care.

A self-assessment **COMPLIANCE** of all Aged Care Accreditation standards and expected outcomes is conducted within 12 months of the re-accreditation site audit.

Where gaps are identified these are documented and actioned.

There are other obligations to report such as; to WorkSafe following certain types of work place injuries, reportable deaths and adverse drug reactions.

An example of a regulation we have meet; is a system in place to ensure all relevant individuals whether supervised or unsupervised have a current criminal record check which they have passed. This is done electronically for every staff member, contractor every 3 years and ensures residents, representatives and staff safety.

What it means is lots of checking and paperwork!

Marita Seamer

Director of Nursing

Activities at Myrtleford Lodge

Have you seen our beautiful display of sunflowers at Myrtleford Lodge, they are thriving under the special care that they have been receiving from the Residents.



Pictured amongst the crop is our very own sunflower, Ted Fenn, who as always heads up the garden helpers putting in many hours each day to the gardens. The gardens are looking beautiful.

Residents Shopping Day

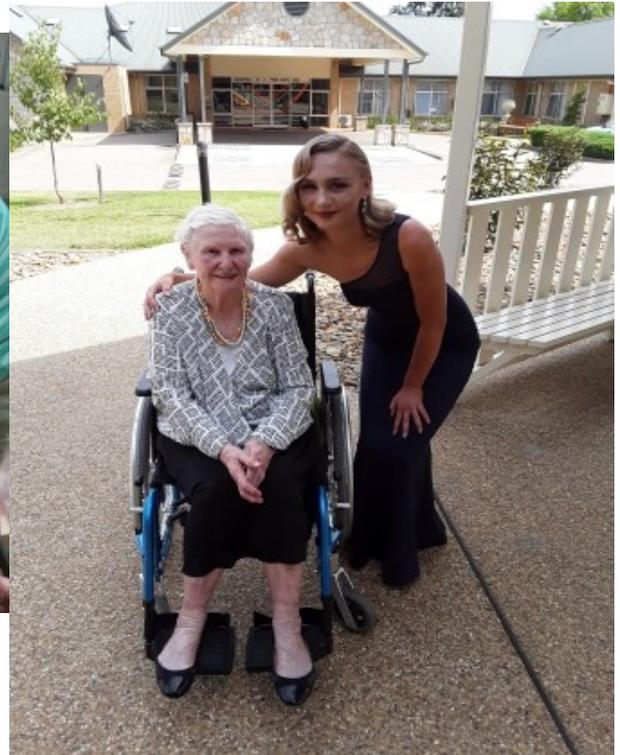
The Myrtleford Lodge Bus taking Residents to the local shops will now be scheduled on the calendar each Thursday Morning , leaving Myrtleford Lodge at 10.30am and re-turning at 11.45pm.



Activities at Myrtleford Lodge

Myrtleford Lodge Residents have been very busy cutting many many red, blue, orange, yellow and green dots to adorn the entrance windows as part of the Myrtleford Festival.

Every year as part of the festival, Myrtleford Lodge Residents are very privileged to host the festival princesses and their partners, they are presented to the Residents by the Lions Club and receive a small memento to mark the occasion, this year Margaret Oakley and Jim Piazza presented a lace handkerchief to each princess.



Pictured above is Dulcie Wheeler with her great granddaughter who was crowned the festival queen.

Activities at Myrtleford Lodge

Both Myrtleford Lodge buses headed off to the Bright Berry Farm on Friday 3rd March to enjoy delicious homemade ice-cream and berry syrups under the large shady trees at the farm.

Residents thoroughly enjoyed the outing, the weather was just perfect and our host for the afternoon was Lorraine Leita,

Giovanna Tollardo's daughter who runs the farm with her family so we were very spoilt indeed.

Thankyou Lorraine.



Pictured is
Giovanna and
Lorraine enjoying
the day together.



Activities at Myrtleford Lodge

Both Myrtleford Lodge buses again headed off , this time to Beechworth to enjoy a Chinese Luncheon together on what was a beautiful warm Autumn Day.

Lunch outings are scheduled on the calendar monthly with suggestions from Residents for destinations most welcome, please see the Divertional Therapy Staff should you wish to join in or have some ideas, they would love to hear from you.



Face Painting

Federico Briotti received a visit from his daughter Antonella recently, Antonella it seems is very talented with face paint and decided to turn her father Federico into spiderman for the day along with painting the odd butterfly or two on some of the ladies hands.

Activities at Myrtleford Lodge

Myrtleford Lodge were fortunate to have over twenty vintage cars visit Myrtleford Lodge as the RACV Alpine Group made their way through Myrtleford from Mount Beauty to Yackandandah as part of their tour.

Unfortunately as much as the rain was needed, it was a very wet morning, this however didn't dampen anyone's enthusiasm or interest in these beautifully restored vehicles.

Leading the tour was this rolls Royce that has a very interesting history attached to it.

The owner told the story of how this car was used to transport Prince Phillip to the Sydney Commonwealth games in 1938 and then became part of the Queens entourage, even transporting the Queen to some events across Sydney.

Pictured is Jim Piazza who took quite a shine to the beautiful vehicle as we all did.

We thank the organizers for taking the time during their schedule to visit Myrtleford Lodge.



Communication tips for the hard of hearing

Face to Face: It is really important to face the person you want to hear/ talk to, and to keep your face clear of hands and obstacles. This will give as much sound from the speakers voice as possible.

Speak Clearly: Take the time to say things clearly, this may mean you need to speak slower, this allows the individual to make sense of anything missed.

Reduce Background noise: Where possible turn down the TV, radio, or move to a quieter part of the room, as this allows you to hear more of the softer sounds in conversation.

Rephrase and Recycle: If you are not being heard by a person hard of hearing, repeat your information in a different way, emphasising the key information. If you are hard of hearing let the person know what you did catch and ask for what is missing.

Good Light: It is easier to see a person's face if the light is good, but be sure that it is not in the eyes of the hard of hearing individual.

In loving memory of;

Marjorie Rowan

07/04/1925 ~ 02/03/2017

~ ~ ~ ~ ~ ~ ~ ~

Shirley Chambers

11/06/1931 ~ 11/03/2017

~ ~ ~ ~ ~ ~ ~ ~

Nola McGeehan

26/10/1931 ~ 26/03/2017

~ ~ ~ ~ ~ ~ ~ ~

Shirley Luke

10/09/1936 ~ 29/03/2017

~ ~ ~ ~ ~ ~ ~ ~

Our sympathy is extended to the families and friends of these beautiful ladies during this sad time

May they rest in eternal peace.

April Birthdays at Myrtleford Lodge

Polly Cleeland
10th April

Ivan Jelinic
13th April

Ida Frizzo
16th April

Luigi Bon
24th April

Happy Birthday

Happy Birthday
from the Residents and Staff of
Myrtleford Lodge, we hope that you
enjoy your special day with family
and friends.

Special and Commemorative Events this month.

1st April ~ April Fools Day

3rd April ~ Entertainment, Gwen & Friends

4th April ~ Pamper Afternoon, Body Shop. 1.30pm

5th April ~ Picnic lunch in the Gazebo

With, music, games, fun and laughter.

8th April ~ Sing-along with Lyn Smith

14th April ~ Good Friday

15th April ~ Easter Saturday

16th April ~ Easter Sunday

17th April ~ Easter Monday

20th April ~ Laughter Club recommences

25th April ~ ANZAC Day

Lest we forget



Staying Hydrated in the warmer weather

As summer rolls on, so too are warmer days. Heat-related illnesses, particularly dehydration, can affect anyone—no matter age or medical history.

Dehydration is more prevalent in warm weather, due to the loss of water and salt from the body. Dehydration occurs when a person's body temperature rises and the body tries to cool itself down by sweating.

Why do we need to drink water?

Our bodies comprise of 70 to 75 per cent of water, which is responsible for maintaining blood circulation as well as supplying our bodies with essential nutrients and removing waste.

Drinking water also maintains blood volume and ensures our blood pressure is maintained.

How do I know if I'm dehydrated?

The most common symptoms of dehydration are a dry mouth and feeling thirsty. Other symptoms include:

- Headache
- dry skin
- passing less urine than normal
- Tiredness
- Dizziness
- cramping in the arms and legs



- If these symptoms worsen or last for more than an hour, immediate medical attention is highly advised.

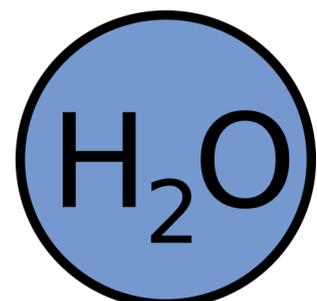
Helpful hints to stay hydrated

Ensure your staying hydrated during the warmer months by following these tips:

- Pay attention to the colour of your urine as this is a good way to monitor fluid loss. Your urine should be pale yellow and not dark yellow, too smelly or cloudy
- Consuming fruits and vegetables (at least five cups) counts towards your fluid levels, as they contain water and potassium.
- Fluids found in foods (icy poles, custard, jelly, ice cream, yoghurt, fruit and soup) as well as fruit juice, milk, tea, coffee and cordial all contribute to the daily intake.
- Tea and coffee, while being a good source of fluid, should not be the only fluid a person drinks because they contain caffeine
- Avoid fizzy drinks or caffeine-based drinks, which can trigger urge incontinence in some people with bladder dysfunction.
- Sip on water before, during and after exercise for low to moderate activity (less than 60 minutes)
- Do exercise or outdoor activities in the early morning or evening to avoid excessive exposure to the midday sun
- Wear sunscreen and a hat to protect your head, neck, ears and face to avoid getting sunburn which stops your body from cooling itself down properly
- Wear thin, loose clothing to help sweat evaporate. Avoid wearing dark clothes which absorb more heat than light clothing.

Marita Seamer

Director of Nursing



A note from the Administration Desk

Residents Wheelchairs, scooters and Walking Frames:

A little reminder that the maintenance of Residents wheelchairs, scooters and walking frames remain the responsibility of the Resident / Representative. Staff at Myrtleford Lodge are able to provide contact numbers of suppliers for repairs.

Skype:

Our Residents are really enjoying being able to "skype" with Relatives and friends. Myrtleford Lodge have available sets of ear muffs for Resident use as it has been noted on occasion it's difficult to hear their loved ones.

Should you wish to set a time to enjoy skype, please call us on the day to set up a suitable time, this will ensure that everything is ready to go at the nominated time.

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 Thursday 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 where possible with any purchases the Residents may require.

Thank you.



Myrtleford Lodge wish everyone a very
Happy Easter.

May you enjoy this special time with
your family and friends.