



Welcome to the February Edition of;
“On the grapevine”

The Myrtleford Lodge Aged Care
Residents and Representatives Monthly
Newsletter.

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Some February trivia;
Birth Flower ~ Violet
Birthstone ~ Amethyst

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During February 1884, the first portion, or fascicle,
of the Oxford English Dictionary (OED),
considered the most comprehensive and
accurate dictionary of the English language,
is published.

Today, the OED is the definitive authority
on the meaning, pronunciation and history of
over half a million words, past and present

New Appointment at Myrtleford Lodge.

We would like to welcome Brendan Phillips who will be spending one day per fortnight on site at Woods Point/Myrtleford Lodge.

Brendan is a Financial Adviser who specialises in Aged Care Advice and operates independently of Woods Point / Myrtleford Lodge.

If you'd like to make a time to meet with Brendan to discuss or review your situation, please see reception or telephone;

- **Woods Point Aged Care on 0357 443 400 or**
- **Myrtleford Lodge Aged Care on 0357 522 222**




Each month we are profiling some of the expected outcomes of the Accreditation Standards. This month we focus on Expected Outcome

STANDARD 2.15 ORAL AND DENTAL CARE

This expected outcome requires that:

Resident's oral and dental care is maintained:

Residents oral and dental status, preferences and oral hygiene routine is assessed and documented as part of the initial assessment process using the Oral Health Screening Tool. Condition of the oral cavity, teeth, dentures,  saliva management and pain are assessed.

The level of assistance required in managing oral hygiene and denture care is included.

An oral care plan is developed in consultation with the resident or representative and the preferred dentist and/or dental technician and oral hygiene routine is documented. We encourage dentures are labeled by staff on entry.

The oral care plan is reviewed as part of the monthly care plan review process or more frequently if issues are reported or observed.

Residents are referred to the dentist, speech pathologist, occupational therapist or doctor as indicated. Staff monitor oral status by:

- Observing the fit of residents dentures during speaking and eating
- Monitoring breath freshness
- Observing state of natural teeth
- Monitoring for signs of pain during eating and drinking

- Observing ability to chew food effectively
- Observing signs of lip and mouth dryness

Care staff assist residents to maintain oral health by:

- Assisting residents with set up and clean up for oral care as required.
- Prompting and providing direct assistance as required.
- Assisting residents with inserting and removing dentures
- Monitoring the status of dentures for cracks, breaks and damage.
- Providing appropriate oral care equipment.
- Providing and/or applying oral lubricants, oral treatments and lip care as required.
- Supporting residents to follow the recommended oral hygiene routine.



As part of supporting Oral and dental care if you would like us to arrange appointments to see a dentist for a routine check up please notify front reception and this can be arranged.

Marita Seamer

Director of Nursing

Residents / Representatives Meeting.

The February Residents / Representatives Meeting is scheduled for Tuesday 14th February @ 3.30pm in the Activities Room following the afternoon tea service.

Everyone is most welcome to attend.

Activities at Myrtleford Lodge

Fourteen Myrtleford Lodge Residents accompanied by two staff members and our lovely volunteer Julie, boarded our two buses and headed



buses and headed over to Beechworth for the day.

Lunch was enjoyed at the Hibernian Hotel before heading off sight seeing around the Beechworth area.

The buses headed to the Old Mayday Hills Hospital, around the Beechworth Gorge and then around Lake Samball. Stopping along the way to enjoy an ice cream.

Interestingly three of the Residents who are life long Residents of the Myrtleford District had never visited many of these local attractions.

Residents who attended the outing had a wonderful time and can't wait until the next bus trip.



Activities at Myrtleford Lodge

With summer now in full swing and temperatures rising, Happy Hour is a very popular activity at Myrtleford Lodge.

Residents gather together to enjoy much laughter and chatter along with refreshments and nibbles prepared earlier in the day by Residents themselves, on this occasion fruit sticks prepared by Fay Fear and Jean Murphy.



Happy hour this month is Friday 3rd & 17th, everyone is most welcome to come along.

Activities at Myrtleford Lodge

Residents enjoyed an authentic Italian pasta luncheon on Wednesday 25th January, we thank our volunteers, Frank Iaria who cooked the pasta sauce and Rita Sguario who assisted



Frank in cooking the pasta, setting tables and assisting our Activities staff in presenting a lovely meal that was enjoyed by everyone in attendance.

Myrtleford Lodge Residents have planted sunflowers in the garden beds outside the D Wing Dining Room that are almost in flower, in addition the walls have been adorned with paper sunflowers to "bring the outdoors inside". Pictured is John Debruyne who assisted activities staff to cut out all of the pieces, thank you John.



Activities at Myrtleford Lodge

Pictured is our gardening guru Ted Fenn in front of one of the many vegetable plots that are thriving under his special care and gardening expertise.



It's certainly worth taking a walk through the vegetable garden as it's thriving.

Ted now has ripe tomatoes, cucumbers, onions etc that the cooking group are hoping to turn into chutney in the coming weeks.

Pictured below is some of the beautiful produce that Ted is now supplying to the Catering

Department who are enjoying providing extra fresh produce to Residents daily and coming up with some new recipe ideas.



Extreme Heat Policy

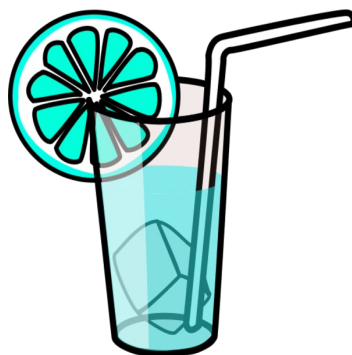
The heat health threshold is the temperature where illness and death increases once the temperature is exceeded.



With the onset of the warmer weather, Myrtleford Lodge will enforce our Heatwave Management Plan when the temperature reaches 32°C.

In summary, this will mean that;

- Front Entrance Door signage will be posted.
- Front Entrance Doors will be closed to exit lock.
- All windows and doors will need to remain shut.
- Residents will be encouraged to remain indoors as much as possible.
- All planned outings for Residents will be cancelled and will be rescheduled for milder days.
- Residents will be reminded to drink plenty of fluids with additional fluid rounds to be implemented by staff.



We thank you for your assistance as always.

In Loving Memory of;

Elvira "Elvie" England

13/11/1915 ~ 26/01/2017

&

Tiburzio "Tibby" Ruaro

11/06/1927 ~ 28/01/2017

Myrtleford Lodge Residents and Staff
extend sincere condolences to the
families and friends of Elvie and Tibby,
may they rest in eternal peace.

Fresh Fruit

Reminder to all Residents that fresh seasonal fruit is
available from the main Kitchen, please ask Catering
Staff to assist.



February Birthdays at Myrtleford Lodge



Allan Smart ~ 7th February

Carol Hunn ~ 11th February

Francesca Crispo ~ 26th February



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

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Bill Brockfield, Alfa Dwyer and Lorna Wills and Edna Semmens were photographed enjoying their birthday celebrations during January with our catering department kept very busy making birthday cakes in their honour.



**Hip Hip Hooray**



Special Events this month

3rd February ~ Happy Hour



4th February ~ Sing-along with Lynn

8th February ~ Special Breakfast



9th February ~ Afternoon Tea @ Alpine Gate Cafe

14th ~ Valentines Day

Residents / Representatives Meeting



15th February ~ Musical Entertainment



17th February ~ Happy Hour

21st February ~ Picture Display

## *On the Grapevine*

### 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.

### Resident / Representatives Newsletters:

The Resident / Representative Newsletter is compiled and distributed monthly with copies made available to Residents on the large notice boards within the facility and from front reception.

Many of our families receive an emailed copy, should you wish to be included in our contacts to receive a copy please let administration staff know your email address ,or alternatively send an email to; [admin@myrtlefordlodge.com.au](mailto:admin@myrtlefordlodge.com.au)

### Front Entrance:

Just a little reminder to all of our visitors to Myrtleford Lodge that we require you to please sign the visitors book when entering and exiting the facility.

This way should we have an emergency we can easily identify who is in the facility, we thankyou for your cooperation.

Till next month, take care.