

On the Grapevine

Welcome to the July Edition of;
“ On the Grapevine”
The Myrtleford Lodge Aged Care
Residents/Representatives Monthly
Newsletter

Winter Solstice

The winter solstice (or hibernal solstice), also known as midwinter, is an astronomical phenomenon marking the day with the shortest period of daylight and the longest night of the year.

As the Earth follows its orbit around the Sun, the polar hemisphere that faced away from the Sun, experiencing winter, will, in half a year, face towards the Sun and experience summer. This is because the two hemispheres face opposite directions along Earth's axis, and so as one polar hemisphere experiences winter, the other experiences summer.

So for those of us who are feeling the cold, winter solstice has passed on June 21st, so we are edging closer to some warmer days.



Each month Each month we are profiling some of the expected outcomes of the Accreditation Standards.

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 resident's admission, staff completes a Falls Risk Assessment that documents falls history, medications, sensory status, gait and steadiness, transfers, reach, foot status and dizziness. This assessment is incorporated into a mobility and transfer care plan which guides staff practice. 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 such as lifting equipment, slide sheets and wheelchairs.

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.²

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 care, allied health and medical 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.

Issues to consider include but are not limited to:

- No rugs and cords
- Reducing clutter in the room
- Items of frequent use and call bell within functional reach
- Mobility aid within functional reach
- Adequate lighting in the room and bathroom. Access to lights overnight.
- The bed having a firm mattress, brakes working and on. Also, maintain the bed at a height which enables the resident to sit with her/his feet on the floor and legs at 90°.

- A comfortable chair that has sturdy arm rests making it easy to get in and out of. The chair should allow the resident to sit with her/his feet on the floor and legs at 90°.
- Chair and bed height is also dependant on mobility and safety considerations.

Monitoring alarms can be used for residents who have been identified at risk of a fall if she/he walks unaided and is non-compliant with instructions not to get up and walk without assistance.³ These can be a bed mat sensor or floor mat sensor.

Staff, residents and representatives can assist by the following:

- At the start of each day ensure residents have their mobility aid within functional reach, correct glasses on and clean, hearing aid in, and on (check batteries are working).
- Ensure residents have well fitting shoes and that clothing is not dragging on the floor to trip the resident.
- Staff must respond to a resident's request as soon as possible throughout the day and night to avoid the resident attempting to mobilise unaided.
- Staff must be aware of residents who are at high risk of falling or causing a fall and require observation and supervision.



Falls can result from a slip or a trip due to an environmental hazard or the resident's health status. 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

Students Visit

On Friday 2nd June prep students from Myrtleford P-12 College visited Myrtleford Lodge to read stories to Residents and to perform a small concert.

Residents thoroughly enjoyed the students who were just delightful.

Pictured below is William meeting William. Both William's were very chuffed to share the same name and enjoy a story together.



Students Visit

Lots of stories were read, with John Blaxall delighted to have had his great granddaughter Arlia read him a special story, by all accounts she was very excited to be visiting.



Residents visit the P-12 College



Myrtleford Lodge residents are fortunate to receive weekly visits from students of the Myrtleford P-12 College, the students participate alongside the residents in a wide variety of the planned daily activities assisting our activities staff where possible.



The college students sent an invitation to the residents to attend morning tea at the school recently which was a very special treat that was enjoyed by all who attended.



School principal, Zlatko Pear welcomed the residents and joined in to enjoy the morning tea with both students and residents.

Entertainment

Musical entertainment was provided by Lynn Smith, one of our lovely volunteers during June. Lynn attends regularly on a Saturday morning, often to perform on either the organ or her guitar, she is always very popular, with I am told over 45 Residents on this occasion joining in and singing along with her.



Peter Reynolds also entertained residents during June, singing all of the old favourites on his guitar, Peter is also a popular entertainer who visits Myrtleford Lodge every year.



Chinese Luncheon

Residents enjoyed a special Chinese Luncheon on Wednesday 14th June with orders taken by the Activities Staff and delivered just in time to enjoy for lunch, by all accounts lunch was delicious with one Resident commenting that she had never before tried Chinese food.



An activity that is sure to be repeated.



July Birthdays

3rd July ~ Antoinetta Costanzo, Joan Stevens, Moira Mead

4th July ~ Liselotte Seyffer

7th July ~ Royston Atkinson

9th July ~ Luigina Bosustow

10th July ~ Fay Fear

14th July ~ Mafelda Gigliotti

17th July ~ Maria Roso

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

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Special events this month

11th July ~ Residents / Representatives Meeting

Followed by monthly calendar ideas gathering.

13th July ~ Entertainment; Magical Musical Memories

20th July ~ Laughter Yoga with Kym Goodman

28th July ~ Mens afternoon Drive

28th July ~ Happy hour at Myrtleford Lodge

Look out for the many activities on the daily calendar including, bus drives, local shopping outings, craft group, walking groups, carpet bowls, movies and more.

100th Birthday Celebrations



Lorna Fallon enjoyed her 100th Birthday celebrations surrounded by her family and friends at the Riverdeck Restaurant in Bright on Saturday 24th June.

Further celebrations were held at Myrtleford Lodge on Monday 26th June, with Lorna being the guest of honour at afternoon tea.

Lorna is pictured with what is only a small portion of the many cards and flowers that now adorn her room, her room is just a sea of cards, amongst the many is a card from her majesty Queen

Elizabeth and Australia's governor general Sir Peter Cosgrove, congratulating Lorna on such a special occasion.

Lorna would like to sincerely thank everyone that sent cards, flowers, gifts and well wishes to her which contributed to making her day so very special. Lorna was both thrilled and delighted to have enjoyed such a special occasion and equally we thank Lorna for sharing her special occasion with us, Lorna is only too pleased to show you the cards that she received from both the Queen and the Governor General.

Congratulations Lorna.



Winter Raffle Winners

1st prize ~ Margaret Oakley

2nd Prize ~ Olga Feltrin

3rd Prize ~ Molly Love

4th Prize ~ Rosa Riella

Thankyou to everyone who purchased raffle tickets. Total raised was \$223.65 which will go towards the Residents fundraising, ideas will be discussed at the next Residents/ Representatives meeting as to how to spend the money raised.

In Loving Memory of;

Elva Bromilow

12/08/1933 ~ 28/05/2017

Dulcie Wheeler

28/07/1923 ~ 04/06/2017

June Lockwood

19/03/1926 ~ 06/06/2017

Our sincere sympathies are extended to family and friends, we will remember them with fond memories always.

Rest in Eternal Peace

A Note from the Administration Desk

Residents Phones:

Please be advised that Myrtleford Lodge Aged Care encourages residents to use their own telephones for making and receiving all calls.

We suggest a cordless, a mobile or a phone where a message can be left in the event the resident is not in their room.

The DECT phones that are used by the staff are for call bells, emergency care and communication between staff and can no longer be used for residents personal telephone calls.

We want to ensure resident safety at all times by ensuring the DECT phones are available for staff use at all times.

A public phone is installed in the sitting room near the book shelves. Outgoing local calls are charged at a rate of 50 cents per call.

Once your phone has been installed please advise reception of the number so that we can pass it on to any callers.

Vision Australia has a number of phones available for purchase directly from them; including phones for vision and hearing impaired, cordless phones and mobile phones. Contact Vision Australia on 1300 84 74 66 or visit their website to view their available products www.visionaustralia.org.au

A Note from the Administration Desk

Residents Surveys:

Resident Surveys have been distributed to all Residents, should you require some assistance in completing the survey, please do not hesitate to ask a staff member or family member to assist you.

Suggestions, Complaints, Improvement forms:

Residents /Resident Representatives are reminded that we welcome your thoughts and feedback. Improvement forms are available from the front entrance area, please ask Administration Staff for assistance should you require it.

End of Life Care Wishes:

Recently Administration have sent letters to Resident Representatives advising that there has been a recent change to the formal name of a funeral service in Myrtleford. Acacia Funerals has now formally incorporated Christopher Tate Funerals. This is for Myrtleford only; there still remains Tate's Funeral Services in Wangaratta.

To avoid any confusion we are now amending our records to reflect this change. Thank you to the Representatives who have returned the completed form and encourage those yet to do so to please return these at your earliest convenience as this will ensure that our records remain up to date, and your family wishes are honoured at a time of sadness.

Should you require further information, or would like to discuss this further, please don't hesitate to contact Myrtleford Lodge Aged Care on (03) 57522 222 and we would be happy to assist.