

On the Grapevine



Welcome to the March Edition of
“ On the Grapevine”
The Myrtleford Lodge Residents &
Representatives Monthly Newsletter.



Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on 17th March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland.

In Australia, we enjoy joining in with this celebration with wearing a touch of green and joining in the telling of Irish jokes.

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Paddy and Mick are walking down the road and Paddy's got a bag of doughnuts in his hand.

Paddy says to Mick, "If you can guess how many doughnuts are in my bag, you can have them both."



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

### STANDARD 2.16 – SENSORY LOSS

**This expected outcome requires that:**

***Management demonstrates its approach to care recipients' sensory losses is effective in identifying and managing care recipients' needs.***

***This is some of the ways we actively seek to comply with this standard:***

There are 5 senses that are taken into account when undertaking assessments and developing residents care plans. These include taste, smell, hearing, vision and touch.

Woods Point and Myrtleford Lodge undertakes an initial assessment on admission and then regular as part of the monthly Resident of the Day.

These assessments form part of the residents individual care plan which all care staff have access to.

This assessment includes some of the following:

- Consideration of the care recipients' vision, hearing, smell, taste and touch including consideration of other medical conditions and other risk factors.
- Identification of the use and type of any aids
- Identification of the use of any medications which may aid sensory stimulation.
- Consultation with care recipients/representatives about care recipient needs and preferences
- Consultation with relevant health professionals (such as optometrists, audiologists) about the effective management of sensory loss and needs.

The care plan includes information about the use and types of aids as well as their maintenance and storage.

The care plan identifies to staff which ear to insert the hearing aid, assistance required for aids, as well as the personal care practices such as cleaning of ears, eyes, skin and mouth



Procedures are in place for the care and maintenance of hearing aids, glasses, limb protectors, splints and other aids.

Our facilities ensure the living environment is safe for care recipients with sensory losses, for instance, for visually and hearing impaired, or care recipients with tactile impairments. The environment of our facilities identifies through risk assessments and inspection checklists any safety hazards that may affect care recipients with sensory losses.



Education is provided to staff on sensory loss, how to identify any deficit and how to assist residents in managing these losses to improve quality of life.

Kitchen takes into account taste and ensures all the meals are cooked fresh daily, flavours are enhanced with the use of herbs and spices and mustard and relishes are available to further enhance the tastes for residents with diminished taste.



The activity staff also incorporates sensory into their activity programming such as cooking, tactile activities like gardening, activity blankets, crafts and massage.

Poor and inappropriate management of sensory losses may affect the provision of other care recipients' rights such as independence, ability to participate in activities of interest to them, and ability to make informed choices if unable to read the information. Negative effects of hearing loss can include depression, social dysfunction, impaired functional ability (to perform activities of daily living), decreased cognitive functioning, loss of independence and reduced quality of life. We all need to work at improving the senses.



If you have any concerns about your vision, hearing, changes in taste, touch or smell please discuss with the care staff, Registered Nurse or your local doctor at the next medical appointment. If you would like assistance with arranging hearing or eye tests please see front reception and we can arrange an appointment for you. If you would like to discuss your care plan please speak to a care staff member or the Registered Nurse.

Marita Seamer

Director of Nursing

### Activities at Myrtleford Lodge

Myrtleford Lodge Residents were spotted out and about in Myrtleford enjoying the Alpine section of the great bike ride.



'I've bought a new clock,' boasted Clancy. 'It goes eight days without winding.'  
'How long does it go if you do wind it?' asked the barman.



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Residents also boarded the two lodge busses and headed off to Milawa to have lunch at Italy on a plate, Some of our Residents will remember one of the proprietors, Perina, a former staff member who as always made everyone feel most welcome.



### Activities at Myrtleford Lodge

Myrtleford Lodge are very fortunate to have strong community ties with all of our local schools.



Pictured are students from Marion College who have commenced their social and community studies for 2017, as part of the program they will be visiting Residents of Myrtleford Lodge each week to join

in with scheduled activities as well as spending some time assisting Residents on the computer and enjoy some one on one chats.



How do you confuse an Irishman,?

Put two shovels against a wall, and tell him to take his Pick..



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### Activities at Myrtleford Lodge

Myrtleford Lodge Residents enjoy gathering together to enjoy Happy Hour which is a very social gathering on a Friday afternoon usually with some delicious nibbles that have been prepared by a group of Residents earlier in the day.



On Friday 10th February, Residents who gathered for a social glass of bubbly were also treated to some beautiful piano playing by Patricia Morgan, Pat is an exceptional pianist with everyone enjoying the afternoon immensely.

### Financial Advisor Appointments

Myrtleford Lodge have welcomed Brendan Phillips who will spend 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;

(03) 57522 222



'Have you decided what to buy your missus for Christmas?' asked McPhee.

'Sure, she decided it for me,' answered Kelly.

'She said she wanted something with diamonds in it. So I've bought her a pack of cards!'



## Activities at Myrtleford Lodge

Father Murphy walks into a pub in Donegal, and says to the first man he meets, "Do you want to go to heaven?"

The man said, "I do Father." The priest said, "Then stand over there against the wall." Then the priest asked the second man, "Do you want to go to heaven?" "Certainly, Father," was the man's reply. "Then stand over there against the wall," said the priest. Then Father Murphy walked up to O'Toole and said, "Do you want to go to heaven?" O'Toole said, "No, I don't Father." The priest said, "I don't believe this. You mean to tell me that when you die you don't want to go to heaven?" O'Toole said, "Oh, when I die, yes. I thought you were getting a group together to go right now."



## Shrove Tuesday.

Myrtleford Lodge Residents were treated to pancakes on Tuesday 28th February Shrove Tuesday.

Shrove Tuesday to Christians is the last day of indulgence as they move into the 40 day period of abstinence that leads up to easter.

In many parts of the world, pancake Tuesday has become a tradition borne out of households cooking pancakes the day prior to lent commencing.

Pictured is Mandy Shepherd who was kept busy cooking pancakes for both High and Low Care Residents.



### Activities at Myrtleford Lodge

Myrtleford Lodge Residents continue to enjoy an afternoon of carpet bowls together, this activity is always very popular on our monthly calendar.

This past week, we also enjoyed the company of some Myrtleford P-12 College students who assisted the Residents with scoring, collecting bowls and joining in a game or two much to the delight of the Residents who always enjoy the company of students as they are always very polite and bring such enthusiasm and fresh ideas with them.



### Residents Shopping

Activities staff take the Myrtleford Lodge Bus to the local shops each Friday Morning so that Residents may complete their own shopping for any incidentals, pay accounts, enjoy a coffee etc.

Should you wish to be included in this weekly outing, please make your way to the meeting point at front reception prior to 10.00am.



### Blooms Hearing Aid Specialists.

Pictured is Stacey Harris Audiologist from Blooms Hearing adjusting Jean Murphy's hearing aid after completing a routine check and maintenance required.

Blooms Hearing Aid Specialists provide a service to the local community each month and we are fortunate that Stacey will also visit all of their clients at Myrtleford Lodge during these scheduled visits to also provide servicing, repairs, checks and education to staff on the correct way to insert hearing aids, changing batteries and cleaning aids.



In loving memory of;

Shirley Drinkwater who passed away on 7th February 2017

&

Ian DeLarue who passed away on 17th February 2017

Sincere condolences are extended to the families and friends of Shirley and Ian during this sad time.

Both Shirley and Ian will be lovingly remembered by all at Myrtleford Lodge Aged Care.

May they rest in eternal peace.



### Birthdays at Myrtleford Lodge

Lyn King ~ 1st March

Josef Meier ~ 2nd March

Johanna Van Doodewaard ~ 6th March

June Lockwood ~ 19th March

Molly Love ~ 25th March

Polly Green ~ 30th March



Happy Birthday from the Residents and Staff of Myrtleford Lodge, may you enjoy your special day surrounded by your family and friends.



A passer-by watched two Irishmen in a park. One was digging holes and the other was immediately filling them in again. 'Tell me', said the passer-by, 'What on earth are you doing?' 'Well', said the digger, 'Usually there are three of us. I dig, Fergal plants the tree and Sean fills in the hole. Today Fergal is away unwell, but that doesn't mean Sean and I have to take the day off, does it?'



Special Events this month

3rd March ~ Bus tour to the Bright Berry Farm

8th March ~ Special Breakfast

9th March ~ Magical Musical Memories.  
Entertainment by Tony Houseman.

11th to 13th March ~ Myrtleford Festival

11th March ~ Festival Princesses presented to Myrtleford Lodge Residents / Afternoon Tea

12th March ~ Street Parade 5.00pm to 6.00pm.

13th March ~ Labour Day Holiday

17th March ~ St Patricks Day

( I hope that you enjoy the jokes)

21st March ~ Alpine Tour / British Car Classics  
Display & Morning Tea@ Myrtleford Lodge

### Out and About on your Mobility Scooter

Think Safe! Obey traffic rules for pedestrians;

By law a person using a motorized scooter is classified as a pedestrian.

Therefore, when you are operating your scooter on a roadway, you must obey all the rules for pedestrians such as;

- Use sidewalks wherever possible. If there are no sidewalks or if sidewalks do not have scooter accessible curb cuts, travel on the far right side of the road facing traffic.
- Cross at pedestrian crosswalks. Check for traffic before crossing.
- If there is no crosswalk available, stop, look both ways, and proceed only when all approaching vehicles have come to a full stop.
- Make “eye contact” with motorists or pedestrians before crossing their path to confirm their intention to stop.
- Obey all traffic signs and devices.



Operation of scooters in bicycle lanes is prohibited when a sidewalk is available.

Be a courteous pedestrian;

- Slow down when travelling around pedestrians and avoid travelling too closely behind or obstructing them.
- Keep to the right on sidewalks and avoid honking your horn. Ask people to let you pass.
- If you meet a friend on the sidewalk, pull to the side to let other pedestrians pass more easily.
- Use caution when travelling close to store fronts. If you are too close to a building, someone could walk into you as they are leaving the building.

Safe manoeuvring of curb cuts.

Take curb cuts, driveways and ramps “head on” and always drive on the most level area of the curb cut, even if it means moving outside of the crosswalk lines. If you do drive sideways on a curb cut, you could tip over.

## Out and About on your Mobility Scooter

Know your area;

Get familiar with the most navigable routes in your neighbourhood. Be aware of the locations of curbs that do not have curb cuts or streets that do not have sidewalks so you can avoid these routes if possible by planning ahead.

Be visible;

Be aware that when you are travelling by scooter you are at a height disadvantage to the other users of the road and sidewalk. Make sure you and your scooter have the following safety features:

- Brightly coloured and/or reflective clothing.
- Reflective strips on front, sides and back of scooter
- Light on front and back of scooter
- Florescent orange bike flag attached to the back seat of the scooter.

Pictured is Ivan Jelinic  
correctly negotiating a  
scooter accessible curb cut,  
directly head on at  
Myrtleford Lodge recently.



What do you call an Irishman who keeps bouncing off of  
walls?

Rick O' Shea!



## ***A note from the Administration Desk***

### Ovens Valley Medical Transport Service:

What is the service?

The specialist Medical Transport Service provides volunteer transport to the residents of the Ovens Valley, to specialist medical appointments which are located outside the Alpine Shire.

What is a specialist medical appointment?

Specialist medical appointments are classed as those which require a referral from a GP, Dentist or Optometrist and are not available in the Alpine Shire.

Appointments that may not be covered are, physiotherapy, chiropractic and podiatry.

Who is eligible?

Any person from the Ovens Valley, who is unable to access public transport, taxis or private transport and who is experiencing transport disadvantage, persons will be required to be mobile and not require assistance from the driver.

Where can I go?

There are no restrictions on the destination, as long as the driver and vehicle are available and the appointment is outside the Alpine Shire.

What will it cost?

The service relies on client donations to assist with the day to day running costs. You will be advised by the Coordinator of the requested donation amount when you make your booking.

Specialist Medical Transport Coordinator: 03 57550 123

## ***A note from the Administration Desk***

Do we have your correct Details?.

Do we have the correct details should we encounter an emergency situation?. Many of our Resident Representatives let us know when details including contact numbers change, however from time to time we learn too late that details that we have on our system are outdated. Should your details have changed recently, please advise Administration Staff.

Pick up /Drop off Zone:

Our Residents Representatives are reminded to please use the front portico as a drop off/pick up zone only as on a number of instances we have had emergency service vehicles and our Residents Bus having to park elsewhere.

Visitors car parking is available in the car park to the left as you enter the facility grounds as well as to your immediate right along the side of the building.

Two car parks adjacent to the front portico are for disabled / elderly parking only with Staff Parking only past this point.

We thank you for your cooperation.

Newsletters and Calendars of events:

Newsletters and Calendars of daily events are distributed throughout the facility however if you would like to receive the Newsletter by email, please advise Administration Staff of your email address or alternatively send an email to;

[admin@myrtlefordlodge.com.au](mailto:admin@myrtlefordlodge.com.au)

and we will happily add you to our contacts list.

Till next month.