



Welcome to the November edition of;

“ On the grapevine ”

The Myrtleford Lodge Residents &
Representatives Monthly Newsletter.

The November flower is the
Chrysanthemum. This mostly perennial
plant is also called the ‘mum’ and
symbolizes cheerfulness and love and
blooms in colours ranging from pink and
red to white and yellow as well as mauve
and orange.

This month we focus on Expected Outcome –

2.10 – Nutrition and Hydration

This expected outcome requires that: Care recipients have adequate nourishment and hydration

The focus of this expected outcome is:

Management demonstrates its care recipients receive adequate nutrition and hydration.

- Care recipients/representatives confirm they are satisfied with the home's approach to meeting care recipients' nutrition, hydration and associated support needs.



How we implement at Myrtleford Lodge:

Each new resident is assessed for dietary requirements. Residents' dietary requirements are assessed as part of the initial assessment process. Assessment includes documentation of weight, food preferences, allergies, special dietary requirements including diabetic diet and texture modifications, cultural/religious needs, appetite and assistance requirements.

- Assessment data is supplied to kitchen/administration staff and a dietary list is developed.
- A care plan is developed from dietary requirements assessment and in partnership with resident and/or representative. The nutrition care plan is reviewed as part of

the monthly care review process or when there are observed changes in nutritional requirements.

- Monthly weights and urinalysis are completed on the 'Resident Of the Day' documentation and significant variances are actioned/reassessed.
- Review of the menu by the Catering staff is undertaken with input from the Dietitian and Speech Pathologist and residents. More seasonal menus and options will be offered. Weekly changes occur in consultation with the Dietitian and from resident requests.
- Residents have input into the menu by completing an improvement form with suggestions, discussing with catering staff ideas and providing feedback at the monthly resident meeting or completing the annual resident survey.
- Residents on a modified diet and those who report or are suspected to be experiencing swallowing difficulty are referred to the Speech Pathologist for assessment and recommendations.
- The Dietitian conducts regular visits as referred by Doctor, Registered Nurse and results from the weight loss audit. All diabetic residents are reviewed at least annually by the Dietitian.



- Diabetic resident management is an important consideration in relation to diet and nutrition. An annual cycle of care is attended to including a multi-disciplinary team approach including the Diabetic Educator, GP, Dietitian, Registered Nurse and Optometrist.
- Resident food satisfaction surveys are conducted as recommended by Dietitian annually. Residents are also invited to participate in a resident survey conducted annually and the 2017 survey indicated a 94% satisfaction with the meals offered. With the recent changes and positive feedback we are looking at continuing this high satisfaction level.
- Annual training is provided for kitchen and care staff in the use of Dietary requirements and the change of dietary requirements form. This ensures safety is paramount with meals offered.
- The use of colour coded placemats for all residents ensuring the dietary needs easily identifiable for staff.



- Quarterly weight / Body Mass Index audit is undertaken and the results are provided to the Dietitian, Registered Nurse and the Doctor. This may result in the resident commencing supplements to support nutrition and hydration needs.

The home supports residents to maintain adequate and

- A nutritious and varied menu that has been reviewed by a Dietitian
- Supplements and food additives to increase nutritional content as required
- A wide variety of colours, textures and types of food.
- A range of menu options for residents with diabetes and those on texture modified diets
- Availability of snacks at all times.
- Meals that take into account individual preferences, likes and dislikes.
- A range of assistive devices
- Independent access to fluids
- Additional jellies, fruit crush and icy poles in hot weather or for those with reduced hydration.

Catering staff are always full of enthusiasm with nutrition and menu choices to ensure the residents are happy with the meals provided.

Following ongoing feedback from residents and change of season there has been a number of changes to the menu over the past few months. The changes have been well received by residents.

We hope you all support the kitchen staff with these positive changes and if you would like any menu option or make any suggestions please see Catering staff or complete an improvement form.

Marita Seamer. Director of Nursing



just
ASK!

Activities at Myrtleford Lodge



Myrtleford P-12 College students again visited Residents joining in with our program and also organizing additional activities including



potting succulents and providing musical entertainment.

Myrtleford Lodge Residents and school students have formed very close friendships through these activities that continue to grow weekly.



Activities at Myrtleford Lodge



Myrtleford Lodge were visited by the Pilipino Community Group as part of their Halloween celebrations.

The children delighted Residents with their costumes and chatter, they also did some trick or treating knocking on doors giving sweets to everyone.



Pictured is Gwen Keat who received a visit from a very cute pumpkin and Rosa Riella and Tony Baldori who answered a knock on the door to some trick or treaters who surprised them with some sweets to share.



Activities at Myrtleford Lodge



We thank the children along with their parents, many of whom are staff members of Myrtleford Lodge. To have organized such a special afternoon

was lovely and it was very much enjoyed by all.

Happy Halloween!



Activities at Myrtleford Lodge

Residents BBQ Luncheon

Residents enjoyed a beautiful BBQ lunch on Thursday 26th October.

Residents will enjoy a BBQ lunch each month as per the monthly calendar , weather permitting.



Thankyou to our lovely gentlemen who cooked the BBQ ,



Roy Dark, John Davidson, Jimmy Piazza and Ivan Jelinic, the fellows were also assisted by Wes Quirk.



Remembrance Day

Remembrance Day in Australia is dedicated to Australians who died as a result of war, particularly from World War I onwards.

A minute of silence is dedicated to the deceased, especially for soldiers who died fighting to protect the nation. Remembrance Day is annually observed on November 11.

Lest we forget.

Football Tipping Competition

Residents that were involved in the Football Tipping Competition enjoyed an end of season get together. A barbeque lunch was enjoyed along with refreshments and Alf Janides was presented with the



winners trophy for season 2017.



November Birthdays

15th November ~ Maria Degrazia

23rd November ~ Rosa Riella

23rd November ~ Alfred Janides

28th November ~ Giovanna Tollardo

29th November ~ Virginia Broz

From the Residents and Staff of Myrtleford Lodge we wish you all a very happy Birthday, may you enjoy your special day with your family and friends.

Resident/Representatives Meeting

The next Residents and Representatives Meeting will be held on the 14th November @ 3.15pm

Everyone is most welcome to attend.



Save the Date!



Yes, it's time to deck the halls with Bowes of Holly! Myrtleford Lodge will be hosting the Residents, Families & Friends Christmas Party on Tuesday 12th December.

The Party will be held over lunch this year with entertainment and finger food provided.

Further information including formal invitations will be sent to representatives prior to the celebrations.

We hope that you will join us to celebrate.



ON THE GRAPEVINE

Special events on the November Calendar

3rd November ~ School group



4th November ~ Sing-along with Lynn

7th November ~ Melbourne Cup



9th November ~ Oaks Day, Ladies Day

Fashions on the field



Music Entertainment by Tony Houseman

11th November ~ Remembrance Day



Lest We Forget.

14th November ~ Entertainment by Peter Robbers

Additional daily activities are included on the monthly calendar as well as the notice boards including, garden walks, bus outings, picnics, morning and afternoon teas in the pergola, carpet bowls, board games, movies, gardening, bingo and much more.

Should you have some ideas for the activities calendar, please let the activities staff know.

A note from the Administration desk

Tips for Families and friends;

BentleyWood Health and Aged Care Group have available a brochure titled " Tips for families and friends", this brochure gives families some tips on what to do when you visit a resident in one of our facilities to help you to adjust to the environment and make the most out of each visit. As we have welcomed many new Residents of late, please ask for a copy from Administration or pick up a copy from the front reception area.

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.

Medicare, Pension and DVA Cards;

Residents that receive new Medicare, Pension or DVA Cards are asked to please allow Administration Staff to take a copy so that your details remain current at all times, these details are especially important to our Allied Health Professionals and in emergency situations.

Residents / Representatives Newsletter and Calendars;

Newsletters are published monthly, we find that this is a great way to distribute information and articles of interest.

Newsletters are available at the Front Reception as well as on our website; www.bentleywoodpl.com.au, alternatively you can leave your email address with Administration Staff or send a request to; admin@myrtlefordlodge.com.au to be included in our contacts list to receive a copy each month.

Til next month.