

Welcome to the October edition of;
" On the Grapevine",
The Myrtleford Lodge Aged Care
Residents/Representatives
Monthly Newsletter.

Daylight Savings

Daylight savings time commences on
Sunday 1st October 2017 at 2.00am.

Remember to put clocks forward 1 hour prior to
going to bed on Saturday 30th September.



This month we focus on Expected Outcome:

3.6 Privacy, Confidentiality and Dignity

The expected outcome of 3.6 is that each resident's privacy, dignity and confidentiality is recognized and respected.

Privacy refers to a personal right to keep others from gathering or using information about you in unpermitted ways. It may include confidential information, but more generally includes the right to be "left alone".



Confidentiality refers to the act of keeping documents or objects safely tucked from the hands and eyes of those who are not meant to see or hear them.

Therefore in summary privacy relates to security of information whilst confidentiality refers to only sharing information with others on a need to know basis.

Myrtleford Lodge ensures that each resident's right to privacy, dignity and confidentiality is respected. This is achieved by the following:

- Privacy policies and procedures in place to ensure compliance with the Privacy Act.
- All residents have their own room that is lockable and residents may carry a personal key.
- All rooms contain lockable drawers.



- Personal presentation, hygiene, continence management routines and mealtime assistance are managed to preserve the dignity of the resident at all times.
- Staff knocks and request permission before entering a resident's room.
- Staff ensures that all personal care is conducted with respect to the resident's privacy and dignity.
- Staff ensure that any discussions of a confidential nature are held in a private area.
- All residents' documentation is securely stored and confidential documentation that is no longer required is disposed of according to policy and security.
- Archived documents are  securely stored in a dedicated, locked archive room.
- Electronic  documentation is password protected with restricted levels of access and there is an automatic back-up process
- Small lounge areas and external courtyards are available for small groups.
- Consent for the use and display of personal information and photographs
- The residents' information booklet, staff handbook, volunteers handbook and suppliers handbook includes expectations related to ensuring residents' privacy,

confidentiality and dignity.

- Signed service agreements with external providers include a privacy and confidentiality clause.

As per the charter of rights each care recipient has the following rights:

- (a) to be treated with dignity and respect, and to live without exploitation, abuse or neglect;
- (b) to personal privacy.

Effectiveness is evaluated through resident surveys, observation of practice, resident meetings, audits, complaints and discussions.

If you have any concerns that your personal information is not protected or you are not being treated with respect, please speak to Marita or Amanda, as it is essential these concerns are actioned promptly.

Marita Seamer

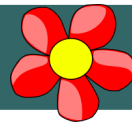
Director of Nursing

Residents/Representatives Meetings

Residents/Representatives meetings are held monthly on the second Tuesday of each month;

Next meeting is scheduled Tuesday 10th October 2017 3.00pm

Everyone is most welcome to attend



Special Events on the October Calendar



1st October ~ Daylight savings commences

7th October ~ Sing-a-long with Lynn



10th October ~ Picnic Luncheon

Peter Robbers entertains

19th October ~ Blumes Fashion Display 2.00pm.

20th October ~ Myrtleford P-12 College Students

Assist with gardening / potting plants.

24th October ~ Lunch outing to Wangaratta RSL

& Shopping.

25th October ~ Sadie Michael Fashion Display.

26th October ~ Residents invited to the P-12
College Full Dress Rehearsal of the school play.

27th October ~ Grade 6 students Ukulele
concert.



Daily exercises, Room visits, card games, knitting, gardening, garden walks, bus drives, entertainment and many more activities are included on the daily calendar displayed in the dining room.

If you have any ideas for activities, come along to the Residents/Representatives meetings and share your ideas, we would love to hear them.



Making Apple Pies

On Tuesday 12th September two Myrtleford Lodge busses left the Lodge with lots of laughter and chatter from the Residents on board for an outing to the Wandiligong Hotel for lunch, after lunch they visited the Nightingale Apple Farm for a small tour of the orchard and the shop.



Residents and Activities staff made purchases of apples which were peeled, cut and made into scrumptious apple pies to enjoy for dinner the following day.

Pictured very busily preparing the apples for the apple pies are, Joan Stevens, Dawn Arbuthnot, Yvonne Sutton and Lorna Wills.

Also assisting with the preparation were Thelma Jones, Fay Fear and Gwen Naughton.



Making Apple Pies



Pictured are our ladies very busily making the apple pies and then showcasing them prior to them going into the ovens.

Residents expressed their warm appreciation for the organizing of the day and to the two volunteers that came in and assisted them on the outing, Clare Southern and David Hogg.

Much fun and enjoyment was had by all.

Word from the Residents is the meals at the Wandiligong Hotel were beautiful.

How delicious do the Apple Pies look!



Childcare centre

The local childcare centre has commenced visiting Myrtleford Lodge on a regular basis, they play games and chat with Residents providing stimulation and interaction, Residents

thoroughly enjoy the little ones, there chatter and laughter certainly brightens us all.



Staff members Beth Gracie and Nicole Bursill were kept busy chasing balloons much to the delight of both the children and residents.



Isla Treloar is one of many Residents who enjoys the friendships made with visiting students, with Isla inviting them to the bakery for morning tea recently.

Myrtleford P-12 College

Myrtleford P-12 College continues to visit Myrtleford Lodge weekly interacting with residents in many varied activities.



Tess Novak is pictured above with her grandson, Tess very much enjoyed him reading to her



Our volunteers

Rita Squario continues to volunteer her time weekly, her Wednesday morning gathering provides such a welcome atmosphere for our Residents from an Italian background with the group singing Italian songs and enjoying morning tea together.



Rita also assists us with translating any important correspondence from Residents meetings etc.

Lynn Smith, another volunteer at Myrtleford Lodge provides entertainment weekly, on this occasion Lynn brought along with her the Stanley Choir who's voices are just beautiful.



Flexout Physio and Pilates

Flexout Physio who are our visiting Physiotherapist providing massage to assist with our pain management program have recently hosted students as part of their studies.



The group of second year students organized two chair based exercise sessions with Residents and Activities Staff.

The exercise program which is now on DVD has been donated to Myrtleford Lodge to be included as part of our Activities program.

Joan Stevens and Gwyneth



Millar were just two of the many Residents who enjoyed the chair based exercises and who also participate in the daily exercise



October Birthdays at Myrtleford Lodge

Kevin Pigdon ~ 13th October

Speranza Morassut ~ 13th October

Elizabeth Luke ~ 19th October

Gino Piazza ~ 20th October

Beverly Allan ~ 21st October

Gwenneth Naughton ~ 24th October

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.



Roy Dark enjoyed his 90th Birthday celebrations with his family for lunch before returning to be the guest of honour at afternoon tea.

Dulcie Taylor also celebrated her birthday during the month with her extended family.



Activities at the lodge

Residents always enjoy the indoor carpet bowls which occur weekly, on this occasion Ida Frizzo and Yvonne Sutton were pictured competing.



Sunshine Week



Thank You

Thankyou to all of our Residents along with staff who embraced Sunshine Week, which is a fundraising idea by the Albury/Wodonga regional Cancer Centre to raise funds.

From our morning and afternoon teas we raised a total of \$116.60 which is just fantastic.

Thankyou to everyone who attended and donated to the centre, your funds will go directly towards the centre's fundraising committee.

Congratulations also to Kath Evans who was the raffle winner.

A note from the Administration Desk

Tips for Families and Friends;

BentleyWood Pty Ltd Health & Aged Care Group have available at front reception a small brochure titled;

Tips for families and friends;

This brochure gives you some tips on what to do when you visit a resident in one of our facilities, to help you adjust to the environment and make the most out of each visit.

Remember, if you have any questions or are unsure about anything, our staff are able to assist you.

Please remember

- To sign in and out using the Visitor Sign in book so we know who is in the building.
- The health of our residents is very important to us so we ask that you utilize the hand sanitizer gel that is provided at the visitor sign in/out book when you arrive and leave.
- If you feel unwell and not sure if you should visit, please call the facility and check with our staff or postpone your visit until you feel better.
- If you plan to bring food when you visit, please check with the staff about the residents' dietary and medical requirements.
- Treat all staff and residents in a respectful manner.

The brochure includes our Code of Conduct for Visitors.

- Most importantly, we want you to feel welcome and relaxed when you visit. If you are unsure about anything, please see one of our friendly staff members to assist you.

A note from the Administration Desk

Entrance / Exit Doors; All visitors to Myrtleford Lodge Aged Care are reminded to enter through the front reception doors only and not through the back or side entrance gates.

This is a safety and security issue, all visitors to Myrtleford Lodge are required to enter at front reception and sign in and out of the visitors sign in register located on the front table.

Please assist us to adhere to this facility policy, as always we appreciate your cooperation.

Parking; Visitor car parking is located to the left of the front entrance gates, we ask that you please leave the disabled car parking for visitors and Residents that require disabled car spaces.

The space between the two disabled car spaces is the thoroughfare for Residents to gain access to the gazebo.

With the warmer weather, Residents will be utilizing this thoroughfare as well as all of the beautiful outdoor areas including the driveway, we ask that all vehicles please slow down to the signed 5kph as the safety of our Residents is paramount.

Newsletter; When producing the monthly newsletter, it's amazing to look back on the past month and the many activities, such an array of visitors and activities on a day to day basis, we enjoy having visitors to the facility and hope that you always feel welcome.

Should you wish to gain a copy of the Newsletter, please let Administration Staff know your email address or send an email to: admin@myrtlefordlodge.com.au