



"COME THE SPRING
WITH *all its splendor*
ALL ITS BIRDS AND
all its blossoms. ALL ITS FLOWERS
AND LEAVES AND GRASSES."

-Goodfellow

Welcome to the September Edition of;
“ On the Grapevine “
The Myrtleford Lodge Residents and
Representatives Monthly Newsletter.



Fathers Day. Sunday 3rd September

A father means so many things.....

An understanding heart,

A source of strength and support right from the very start.

A constant readiness to help

In a kind and thoughtful way.

With encouragement and forgiveness,

No matter what comes your way.

A special generosity and always affection too.

A father means so many things

When he's a man like you.

We wish all of our father's and grandfathers best wishes
for father's day, may you all enjoy your day.



The topic I am going to cover in this issue of the newsletter is Expected Outcome 3.5 Independence.

The expected outcome of 3.5 Independence requires that:

Residents are assisted to achieve maximum independence, maintain friendships and participate in the life of the community within and outside the residential care service.

The focus of this expected outcome is 'results for residents' and may be as follows:

- Management demonstrates that resident's achievement of maximum independence and maintenance of friendships and participation in the life of the community are appropriate to their needs and preferences.
- Residents/representatives confirm they are satisfied with the assistance provided by the home in relation to residents' independence, maintenance of friendships and participation in the life of the community, within and outside the home according to their individual needs and preferences.

From the staff's perspective:

We see our role as carer's rather than enablers. If we examine this, most of the tasks we do, enable our residents to live their life as fully as possible – whether it is showering, dressing, giving medications, getting to the dining room or providing an activity – we assist you in living your life. Yet the complaint often is that we are controlling your life.

If we see ourselves as enablers rather than carers we can facilitate, make possible and allow.



Although your safety in the facility is a priority, thinking about what we can do for you to promote independence is the most important consideration.

Providing residents with independence is a challenge because together we must work out your understanding of abilities, strengths and priorities, and remember that sometimes it is your choice to undertake a task or make a particular decision.

We as staff at Myrtleford Lodge must stay focused on what Residents can do, rather than what they cannot do.

Here are some examples how:

- Visitors are promoted to come and provide entertainment, services and spend time with our residents. Families and visitors able to share meals and activities with residents.
- Regular shopping trips to town and assisting with running of some activities.
- Involvement in the activity program that meets your needs.
- Having your say as to what you want to do and what you need assistance with, through a variety of formal and informal mediums.
- Utilisation of the services to come and collect residents to continue contact with community.
- Sourcing vision, hearing and communication needs e.g.: Vision Australia talking books.
- Set small achievable goals to promote confidence. People can be easily discouraged when a task is too difficult. For instance, instead of asking a person to walk a long distance get them to take a small number of steps each day gradually increasing the distance until they reach their goal.

- Encourage and provide the use of assistive devices and independent living equipment.
- Active support for residents to go to town and return, waiting in anticipation for you to return!!
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Giving resident's independence requires soul searching on the part of the staff and representatives – what is the worst that can happen?



At Myrtleford Lodge we endeavor to promote independence for our residents and to enrich your lives. Nurses and carers have a habit of taking over to ensure their role is fulfilling and at times it can be quicker for staff to complete task rather than assist and wait till you have completed the task. If this is something that concerns you please speak to care staff or myself so we can enhance and support rather

than take over!

We need to all encourage a person to use the skills they have.

It is our responsibility to empower people to maintain, improve and retain your independence and to let you make your own decisions.

Having a task to accomplish gives people a reason to participate in life.

Marita Seamer
Director of Nursing

Pyjama Day at Myrtleford Lodge

Myrtleford Lodge held a Pyjama Day on August 10th which proved to be a wonderful success with over \$150.00 raised for the pyjama foundation which raises money to support children in foster care.



Residents and staff both dressed in their pyjamas and enjoyed a day that included many games and activities, Pin



the tail on the donkey, bowls and piñata which proved to be very difficult to break open. Kath Evans, Gwen and Bill Naughton and Luigina Bosustow were all pictured enjoying the activities.

Pyjama Day at Myrtleford Lodge



Kath Evans, Margaret Oakley, Jim Piazza and Kath Evans were all pictured in their PJ's, whilst Gwen Naughton was pictured taking her turn to try to break open the Piñata.

From all accounts the breaking of the Piñata was not easy and culminated in hysterical laughter when it was finally broken spreading sweets everywhere.



Staff member, Samara Peacock was also pictured in her pyjamas distributing afternoon tea.

Visitors to Myrtleford Lodge



Myrtleford Lodge are very fortunate to have formed such a wonderful friendship with the local P-12 College with students from both the primary and secondary classes visiting and joining in with our activities on a regular basis. One of the students brought in her very placid silky chooks who seemed to enjoy the attention from many of the Residents. This past week the students together with Residents have commenced a jigsaw puzzle that will be worked on together until its completion.



Visitors to Myrtleford Lodge

Students visiting Myrtleford Lodge are always made to feel so very welcomed by Residents who thoroughly enjoy the students bringing their readers with them, often the Residents outnumber the students with many of them gaining good practice by reading their books several times throughout the visit.

What's even more lovely is that many of the students are related to the Residents, with great grandchildren sometimes visiting.



Visitors to Myrtleford Lodge



Fay Fear enjoyed a visit from little Isla who is the gorgeous daughter of one of our staff members. Both Fay and Isla were happy to sit and chat together for some time before Isla showed off her new walking skills.

Residents always enjoy musical entertainment and during this past month, Peter Robbers came in to entertain us with his country songs which are always popular.

Lyn Smith, one of our



lovely volunteers also provided entertainment throughout the previous month.

Lyn plays both piano and guitar and is also part of the Stanley choir who are on the calendar this month.

Activities at Myrtleford Lodge



John Debruyn is pictured with one of the many puzzles that are available to Residents and visitors to use, please help yourselves to the puzzles that are available in both the high and low care areas.

Thankyou to our lovely ladies who continually help in any way they can, on this occasion, Pat Hogg and Fay Fear were captured folding the napkins which they fold daily.



Kath Evans was captured being cheeky in pulling a fish face for the camera. Students handmade the fish for Myrtleford Lodge Residents so they could "make a wish on a fish" Hope your wish comes true Kath.

Birthdays at Myrtleford Lodge

Myrtleford Lodge Residents enjoy a Birthday Cake for afternoon tea on the day of their birthday.



Both William Naughton and Mary Zamperoni celebrated 90th Birthdays on the same day, August 17th.

We hope they both enjoyed their special day.

Teresina Nero also celebrated her birthday at Myrtleford Lodge with a birthday cake at afternoon tea.



Jean O'Neill also enjoying her birthday with her son Ray. Happy Birthday to all of our Residents who celebrated during the past month.

Special events this month

1st September ~ First day of spring



3rd September ~ Fathers Day

8th September ~ Men's Happy Hour

19th September ~ Entertainment by Peter Robbers

21st September ~ Special Afternoon Tea to celebrate

" Sunshine Week" Gold coin donation welcome.

Fundraiser for the Albury Wodonga Cancer Centre.

21st September ~ Stanley Choir entertains

27th September ~ Sausage sizzle with members of the
Myrtleford Men's Shed.



30th September ~ AFL Grand Final



September Birthdays at Myrtleford Lodge

Gwendoline Keat ~ 2nd September

Dulcie Taylor ~ 5th September

Ingrid Lein ~ 7th September

William Judson ~ 13th September

John Byrne ~ 16th September

Beryl Morgan ~ 24th September

Vanda Rinaldo ~ 25th September

Edward Fenn ~ 28th September

Eva Meier ~ 30th September

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



Craft Group

Myrtleford Lodge Residents regularly go by bus to the local craft group which gather on a Wednesday morning to enjoy morning tea and craft together with members of the local community.

Recently the residents donated some crochet squares which the local ladies put together making knee blankets for Residents of Myrtleford Lodge.

We would like to thank the ladies for such a thoughtful and generous donation.

Residents & Representatives Meetings

The next Residents & Representatives Meeting is scheduled for Tuesday 12th September at 3.00pm. All Residents and Representatives are welcome to attend.



In loving memory of;

Luigi Bon

24/04/1927~ 05/08/2017

Royston Atkinson

07/07/1921~ 10/08/2017

Jean Murphy

04/10/1922 ~ 15/08/2017

Our sincere sympathy is extended to family and friends at this sad time.

May they rest in eternal peace.

A note from the Administration Desk

Dental Van;

The North East Health Wangaratta Dental Van will again be visiting Myrtleford Lodge Aged Care, 11th, 12th & 13th September, please advise Nursing Staff should you wish to be included on the list of appointments.

Australian Electoral Commission;

Myrtleford Lodge recently sent out correspondence relating to Mobile Polling Arrangements and the Electoral Roll Review.

We ask that Residents / Representatives return the completed form as soon as possible to Administration please.

Clothing Labels;

Myrtleford Lodge have purchased an industrial clothing labelling machine, this will allow clothing labels to be printed on the day of receiving authorization.

We are very hopeful that this will lower the high volumes of lost property.

Laundry staff regularly display the lost property, however we ask our Resident Representatives to please see laundry staff should items of clothing be missing, this will assist us greatly with Residents that may not necessarily have noticed missing items.

Are you drinking enough water;

With the onset of spring and the expected warmer weather we remind our Residents of the importance of drinking water and being mindful of their fluid intake.

