

Buon Natale ~

Merry Christmas



Welcome to the December Edition of;
“ On the Grapevine”
The Myrtleford Lodge Aged Care
Residents & Representatives
Newsletter.

This month I thought it very timely to discuss the

Heatwave Policy and Heat Stress:

People aged 65 years and over are at increased risk of heat-related illnesses and need special care in hot weather. Risk factors include chronic medical problems and certain medications. We need to collectively take steps to prevent heat stress on days when the temperature is predicted to rise above 32°C.

Heat stress occurs when the body can't cool itself and maintain a healthy temperature. The body normally cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising. Heat stress is also known as hyperthermia.

Heat-related illnesses range from mild conditions such as a rash or cramps to serious and potentially life-threatening conditions such as heatstroke.

Symptoms of heat stress

The symptoms depend on the heat-related illness, but may include:



- hot and dry skin
- paleness
- rapid heart rate
- muscle cramps
- nausea and vomiting
- disorientation and confusion
- delirium
- fainting or coma

worsening of pre-existing medical conditions.

Risk factors for heat stress in the elderly

Factors that increase the risk of heat stress in elderly people include:

- **Self-care problems** – some older people are frail or have reduced mobility or mental illness. These factors make it difficult for the person to take adequate care in hot weather.
- **Physical changes** – the ageing body doesn't cope with sudden stresses as quickly as a younger body. For example, on hot days, elderly skin is not able to produce sweat and cool the body as efficiently as younger skin.
- **Chronic medical problems** – older people are more likely to have chronic medical problems. Certain conditions make the body more vulnerable to heat stress.
- **Medications** – older people with chronic medical problems usually take medications on a regular basis. Some medications can hinder the body's ability to regulate temperature.

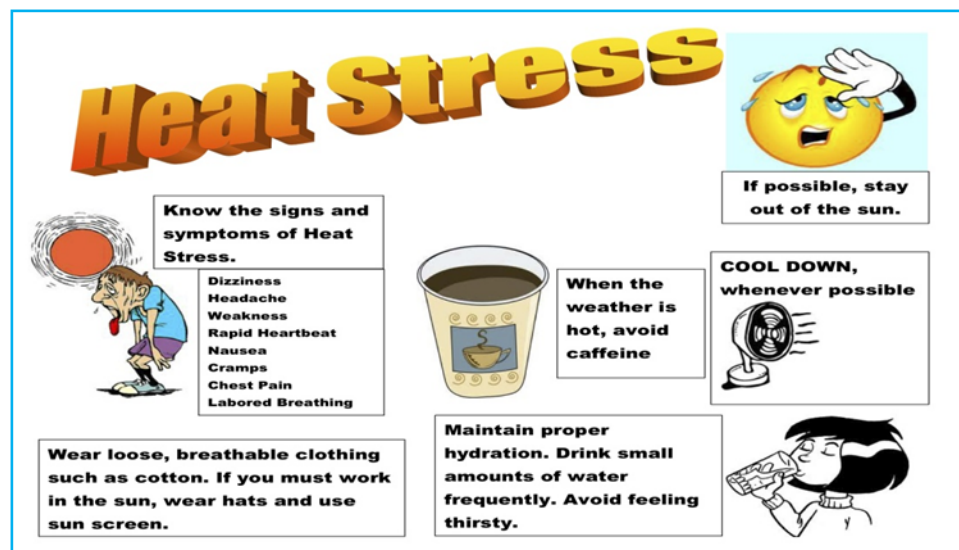
Suggestions for the elderly to avoid heat stress

It's important to be sensible in hot weather, for example, stay indoors, avoid strenuous activity, wear lightweight clothing, and drink cool water regularly throughout the day.

Pay attention to weather reports

– temperatures above 37 °C are particularly dangerous. Act to prevent heat stress on days when the temperature is predicted to rise above 32 °C.

Take note of humidity levels too, because sweating is not as effective at cooling you down when the weather is very humid.



- **Reduce caffeine and alcohol** – caffeinated and alcoholic drinks have a mild diuretic action. Limit tea, coffee and alcohol in hot weather.
- **Take note of the colour of your urine** – brown or dark yellow urine suggests dehydration.
- **Stay cool** – draw your blinds and curtains, and turn on your air conditioner and set it to 'cool'.

The heat health threshold is the temperature where illness and death increases once the temperature is exceeded.

- In regional Victoria (except Mildura) the heat watch is triggered when a maximum temperature of 36°C or above is forecast.



Bentley Wood will enforce the heat stress policy at 32°C.

In the event of the temperature reaching 32°C the facility will restrict access of all exit doors to prevent any resident leaving the facility unaccompanied. Signage will be placed on all external doors.

Staff must ensure they follow residents' care plans for care in hotter weather and the Heat Wave Management Plan during a heat wave, particularly the following practices;

- Close windows and blinds until the outside temperature is cooler than the inside temperature. OR
- Keep the windows and blinds close to enable the air conditioning system to work effectively. OR
- ensure resident are dressed in light clothing during the day and at night
- Encourage/take residents to cooler parts of the building throughout the day.
- Encourage additional fluids throughout the day and night when awake, including those using fans. Discourage caffeinated and alcoholic drinks.
- Commence a Fluid Balance Chart to monitor input and output of high risk residents.

- Activity program staff need to review and adjust the activity program to reduce physical exercise and or outdoor activities that would increase the risk of heat related illness.
- Monitor where residents are throughout the day, particularly those with loss of cognition.
- Closely monitor those who are unwell.
- All resident/ representatives will be notified that residents that cannot leave the facility unaccompanied during a heat wave through newsletters and signage.
- Monitor residents for signs of dehydration and heat related illness and take appropriate action if they become unwell.^{1(p.23)}
In the event of a power failure the generator will provide backup electricity to ensure common areas remain cool.

Bentley Wood staff will take all necessary steps to ensure residents are not placed at risk during extreme temperature days. We appreciate your cooperation and understanding during these challenging days and understand restricting residents to indoors is frustrating, however we need to ensure the residents are not exposed to heat wave conditions and limit any heat stress symptoms.

If you have any concerns, please do not hesitate to contact the facility for further information.

Marita Seamer
Director of Nursing



Activities at Myrtleford Lodge



Pictures of Halloween at Myrtleford Lodge.

Greenhouse Project performing and Liz Sevilla distributing refreshments.

A very enjoyable afternoon was had by all.



Activities at Myrtleford Lodge



A wonderful afternoon of fun, games and music was enjoyed by both Residents and Staff to celebrate Halloween.

How lucky were we all to be entertained by such talented staff members who have formed a band together called, "greenhouse project"

Greenhouse project performed beautifully, even coaxing Ezra to sing a few songs for us all.

Congratulations to all of the staff who made such an effort,

dressing up together with their children, trick or treating, performing and serving afternoon tea on the day, it was a huge success.

Activities at Myrtleford Lodge



Some of our ladies recently visited the Beechworth Tea Rooms and enjoyed High Tea together, by all accounts everyone in attendance enjoyed the beautiful

table settings and drinking tea from fine bone china teacups.

Pictured below are Residents who enjoyed Oaks Day together,



fashions on the field were held as well as race day sweeps.

Activities at Myrtleford Lodge



Myrtleford Lodge hosted a "Dogs day out" with families and staff bringing their dogs for an afternoon of socializing, this proved to be a very popular event, pictured is everyone's friend the

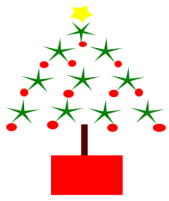


lovely Banna who comes to work with her owners, we all think he deserved the Smackos as one of the prizes presented on the day.

Activities at Myrtleford Lodge



Myrtleford P-12 College students continue to visit Myrtleford Lodge on a regular basis assisting our activities program, the students and their teachers are always well prepared and delightful company, on this occasion they sang some songs and read their books.



Special Events



1st December ~ Sing-along with Lynn Smith

3rd December ~ Myrtleford Scouts Carolling

4th December ~ Christmas Cake baking

6th December ~ Entertainment by Stanley Choir

11th December ~ Residents Christmas Party

~ music provided by Elysium

12th December ~ Residents Meeting 11.30am

~ Christmas shopping

13th December ~ Reflections afternoon ~ Service to be held to reflect and remember our loved ones.

14th December ~ Happy Hour

17th December ~ Lunch outing to the Savoy Club

18th December ~ Sing-along with Lynn Smith

21st December ~ Afternoon drive

24th December ~ Christmas Eve

25th December ~ Christmas Day

~ Traditional Christmas luncheon

26th December ~ Boxing Day

28th December ~ Happy Hour

31st December ~ New Years Eve.



Happy Birthday

Isla Treloar ~ 5th December

Olga Feltrin ~ 12th December

Anna Dagoli ~ 13th December

Merle Broughton ~ 19th December

Paola Castagna ~ 25th December

Myrtleford Lodge Residents and Staff wish you all a very Happy Birthday, may you enjoy your special day with your families and friends.



Residents Christmas Party

Tuesday 11th December from 12pm

Lunch served from 12.30pm.

Entertainment provided by Elysium

Resident Representatives welcome to attend, please RSVP to Administration.

Cost: \$10.00 per head for non Residents please.



Spiritual Care

Poem from the Meaningful Ageing Australia website

'Spirituality is an expression of seeking meaning in our lives, and finding a sense of purpose for being in this world. It is how we connect to ourselves, to others and God or the sacred. It is experienced through relationships, in nature, music, and our religious traditions.'

"In generous listening, it doesn't even matter why the other person feels the way they do. What matters is what is true for this person. And you simply receive and respect it. In that safe interaction, something can happen which is larger than before" (Dr Rachel Naomi Remen - 'On Being' Podcast).'

'The Art of Spiritual Care'

When you pause in the doorway, unsure of where to go, I see you

When you grimace in pain, I see you

When you cannot contain your excitement and delight, I see you

When tragedy strikes and your world collapses, I see you

When the beauty of the music moves you to tears, I see you

When your body and mind is so weary that taking the next step feels impossible, I see you

When the smallest action brings the biggest smile, I see you

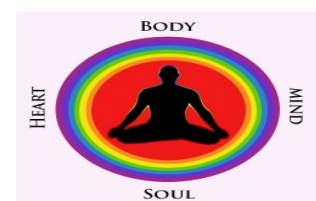
When anger and confusion spill from your mouth, I see you

When you sit together in the stillness, I see you

When birth brings life and death brings grief, I see you

In the ordinariness of each day, I see you

In the wonder and mystery, I see you.



In Loving Memory of;

Robert Auhl ~ 3rd November

Jean Ellis ~ 6th November

Alfa Dwyer ~ 22nd November

Roma Jordan ~ 24th November

Myrtleford Lodge Residents and Staff extend sincere condolences to the families and friends of Robert, Jean, Alfa and Roma during this sad time of their passing.

R.I.P.

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Myrtleford Lodge Aged Care will be holding a non denominational service for Residents, Representatives and Staff on December 13th 2pm

This service will be an afternoon of remembrance of the Residents and loved ones that have passed away during the year.

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

**Visitors Meals;** Myrtleford Lodge have increased the cost of visitors meals to \$10.00. Visitors are asked to please call to let us know that you would like to join us for lunch either the day before or early on the day. Payment can be made to Administration Staff please as our Catering Department are unable to accept cash.

### **Christmas Planning;**

Thankyou to the many Residents and families that have returned the " Christmas Planning " form that was sent out during November. This questionnaire will assist us to gather important information to send to our Pharmacies for Residents requiring additional Webster Packs for any Social Leave along with assisting our Care staff to ensure that Residents are ready to attend family celebrations.

### **Seasons Greetings;**

Myrtleford Lodge Management and Staff wish all of our Residents, Resident Representatives, Visitors and Volunteers a very Merry and safe Christmas, we thank you for your ongoing support and kindness throughout the year and look forward to 2019. As staff members it is always a pleasure for us to play a small part in your every day lives.



Merry Christmas ~ Buon Natalie