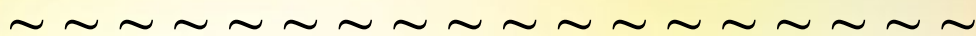




Welcome to the June Edition of;
“ On the Grapevine”
The Myrtleford Lodge Residents
& Representatives Monthly Newsletter.



“Winter is the sight of snow
falling gracefully
from the sky,
like a ballerina dancing”

A winter poem; Author unknown

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

2.8 Pain Management

The expected outcome of 2.8: Pain Management requires that:

All Residents' are as free as possible from pain

The focus of this expected outcome is 'results for Residents'.

Management demonstrates its pain management approach ensures all residents are as free as possible from pain.

Residents/representatives confirm they are satisfied with how their pain is managed.

The Australian Pain society released its recommended management strategies for pain in Resident aged care facilities and identified seven key pain management strategies. They are as follows:

- 1. Identification** – failure to identify pain could be due to cognitive and communicative impairments. The staff use the pain scales to identify pain for Residents with cognitive impairments.
- 2. Assessment** - Correct diagnosis is vital as different types of pain respond to different treatments.
- 3. Pharmacological treatments** – medications should be tailored and dosage carefully considered. May not always be first strategy implemented.
- 4. Psychological-educational approaches** – Different behavioural therapies can be used to assist with pain management.



- 5. Physical therapies** – exercises, massage and TENS machine as may have been used for you by our physiotherapists. There are many reasons why activity staff undertakes exercises each morning and pain management is one factor considered.
- 6. Complementary and alternative medicine therapies** – such as massage, Reflexology and Hoteeze pads
- 7. Quality and system issues** – to collect accurate clinical data and development of policies to assist with Resident's pain management.

As you can see from the above strategies there are many factors considered by the nursing staff when managing your pain. Our staff have attended education sessions to understand and appreciate the impact of pain. The nursing staff understands pain identification and fully aware that assessment is crucial to ensure your pain is well managed.

Medication intervention is not always required in all cases to manage pain and some of the above strategies may be implemented to assist with pain control.

Many aged residents have multiple diagnoses, each potentially causing pain in their own right. This means good, comprehensive assessments are crucial and should take into account medical history subjective perception of pain, mobility levels and ongoing communication.

Myrtleford Lodge has established pain assessment, management procedures and documentation in place to ensure we provide all residents a body as free as possible from pain.

There is a vast range of pain relief available from medication to massage and the challenge is to find what works for each individual person. It is often a case of trial and error until finding what works, but what a difference it can make to the quality of life of Resident when the solution is found.

If you would like information administered place for you or please do not your local GP, Pharmacist, Physiotherapist or the Registered Nurse.

Pain
Relief &
management



to know any about the pain strategies that are in any other informa-Pain Management hesitate to contact

Marita Seamer - Director of Nursing



Myrtleford Lodge would like to remind visitors to Myrtleford Lodge that the Front Portico is a drop off zone only and is to be kept free for our Emergency Services. Maintenance will be painting the pedestrian strip from the front door through to the gazebo area. Issue to be raised as an agenda item at the next residents meeting about not parking on strip, signage will also be erected. We ask that you assist us to keep this area safe for our Residents to cross to the gazebo and free for Emergency Services.

The health of our Residents is very important to us so we ask that you utilize the hand sanitizer gel that is located at the Visitors sign in /out book at the front entrance.

Resident Representatives and friends are reminded to please not visit the facility if you are unwell. Whilst Myrtleford Lodge are always welcoming of visitors, we ask that if you are feeling unwell to please delay your visit until you are feeling better.

June Special Events



1st June ~ Country Drive

8th June ~ Happy Hour@ Myrtleford Lodge

9th June ~ Sing-along with Lynn

11th ~ Queen's Birthday



12th June ~ Residents / Representatives Meeting

15th June ~ Lunch Outing

~ Friends of the Library

22nd June ~ Happy Hour @ Myrtleford Lodge

27th June ~ Sadie Michael Fashions

Winter Range



Daily activities are listed on the dining room notice board, everyone is most welcome to attend.

Residents/Representatives Meetings are scheduled for the second Tuesday of each month.

Next Meeting; Tuesday 12th June @ 3.15pm

This is a great forum for discussing any ideas for activities, suggestions or discuss any issues arising.

Everyone is most welcome to attend. Rita Squario continues to translate the Meeting Minutes with her Morning Tea group on the Wednesday following the meetings.

Australia's Biggest Morning Tea



Once again Myrtleford Lodge hosted "Australia's Biggest Morning Tea" as part of the Cancer Councils annual fundraiser.

Thank you to everyone who contributed towards

making the morning such an enjoyable one for all in attendance.

Pictured is Maria Degrazia who was very happy to meet up with a friend, Clara Sacco who won the lucky door prize, which was



the beautiful table centrepiece.

We will also be welcoming Clara to Myrtleford Lodge as a volunteer, and look forward to enjoying her company on a regular basis.

Zena Atkinson is pictured with her prize, Zena guessed the number of sweets in the jar.

Thank you we raised \$280.50 for the Cancer Council of Australia.



Activities at Myrtleford Lodge



Our Wednesday Italian social group had a change from their morning tea gathering, they enjoyed a special luncheon of gnocchi together.

Residents together with the activities staff and our volunteer, Rita Squario cooked



traditional gnocchi which was thoroughly enjoyed with all of the trimmings including a glass of wine and some crusty bread whilst listening to some of their favourite Italian music.

Visitors to Myrtleford Lodge



Myrtleford Prep-12 College continue to visit each week, we enjoy the interaction with all of the students from both the Primary and Secondary areas of the school.

Paola Castagna and Teresina Nero were just two of the many Residents to have enjoyed listening to a short story read to them by the Prep students.



Our local playgroup are also regular visitors, they are just a delight and always leave us all happier for having enjoyed their company.



Visitors to Myrtleford Lodge



As part of the La Fiera festival over the weekend of May 19th & 20th, Myrtleford Lodge were delighted to host the West Wangaratta Primary School Choir. The choir performed a number of beautiful Italian songs for a very captive audience.



At the completion of the concert, the children and their families stayed on to chat with the Residents which everyone enjoyed immensely.



Ray Murtagh and Peter Carney, two of our regular entertainers who come in as they say for "a little jam session together" were once again enjoyed by all who attended the concert.

Mothers Day at Myrtleford Lodge



Mothers Day at Myrtleford Lodge saw a sea of flowers arrive for our beautiful mother's to enjoy. Pictured are just some of the arrangements that were captured arriving on what is a most special day where we can



all celebrate our love for our wonderful selfless caring mothers.

Mothers Day at Myrtleford Lodge

Margaret Oakley & Palmira Merlo were pictured with their beautiful arrangements received from family, the beautiful purple arrangement was received by Lilo Seyffer.



We hope that you all enjoyed the special day.



Activities at Myrtleford Lodge



Myrtleford Lodge has indeed been a hive of activity during May.

The monthly calendar has seen an array of activities enjoyed by all including, flower arranging, knitting group, special afternoon teas, Birthdays, special luncheons,

bus drives, walking groups, community visitors, school groups, entertainers and much more. Should you have an idea for an activity be sure to let the staff know, your ideas are always welcomed.



Morrie and June were photographed enjoying Morrie's recent Birthday.



June Birthdays at Myrtleford Lodge

Evelyn Forbes ~ 3rd June

Antonio Baldori ~ 13th June

Zena Atkinson ~ 17th June

Patricia Henson ~ 21st June

Patricia Hogg ~ 25th June

Luigina Degrazia ~ 27th June

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



Gwyneth Millar is pictured with her daughter Kaye celebrating her 101st Birthday on the 10th May.

Congratulations Gwyneth

Food safety regulations

Whilst the residential care facility is the resident's home, due to food safety requirements, staff cannot be responsible for food brought in by residents or their relatives.

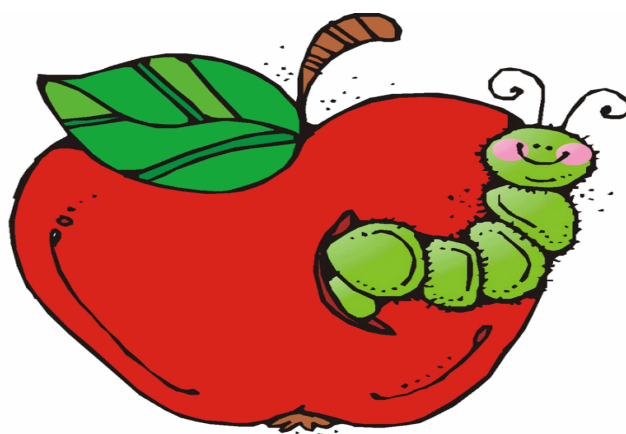
Foods of *high risk* such as, poultry, seafood, dairy products, meat and small goods (e.g. sliced ham, roast beef, chicken), eggs, rice, pasta brought in by the resident or relatives /friends must be kept at an acceptable temperature by bringing it in a suitable container such as; insulated bag \pm an ice brick or a thermos flask and consumed at the time of being brought to the facility. Staff must not store these food items or reheat them.

Foodstuffs with any potential contravention to the Food Safety Regulations must be disposed of by resident, representative and/or staff. This includes foodstuffs stored in resident rooms.

Food of low risk such as; biscuits, unfilled cakes, fruit, lollies are acceptable to be stored and served.

The Register of Food Donated /Brought to the Facility (27.2.3) is maintained and needs to be completed if you bring food into the facility located in kitchen

You must not give brought in food to other residents not only because of the food safety requirements but because the resident may have a medical condition that may prevent them from eating the food including the possibility that they may choke.



How to talk to someone with hearing loss.

People who have hearing loss may struggle with a surprising side effect: less satisfying relationships.

These are some tips for how friends and family can help.

DON'T: Shout

Speak in a normal voice and articulate as clearly as possible; yelling doesn't help a person with hearing loss to hear you any better. The exception: if your voice is particularly quiet, you should speak a louder.

DON'T: Lean into the ear

Almost all people with hearing loss read lips. Don't speak directly into their ear because the person will not be able to see your lips.

DON'T: Forget to eliminate white noise

Most people with hearing loss have a hard time distinguishing speech over a noisy air conditioner, a humming fish tank, or anything that whirs, murmurs or rumbles. Don't try to chat over the TV.

DON'T: All talk at once

At a dinner party or meeting, where there may be eight to ten people or more present, try to have one general conversation instead of several overlapping ones.

DON'T: Say "never mind, it doesn't matter"

If someone doesn't hear what you've said after you've restated it two or three times, don't give up.

Rephrase and retry. To the person who can't hear you, everything matters

Myrtleford Lodge Residents have been very proactive in providing information regarding hearing loss and ways that we can communicate more effectively. These tips were provided to me by the Residents, you will also find them displayed throughout the facility.

A note from the Administration Desk

Residents/Representatives Survey;

Myrtleford Lodge Aged Care as part of our Continuous Improvement are currently conducting annual Representatives Survey to assess how well the organisation is meeting the care recipient's needs, professional and reasonable expectations. Your responses allow us to identify areas for improvement, and provide the opportunity for all resident representatives to participate in continuous improvement.

We encourage all of our Resident Representatives to participate in the survey by using the online service as this will ensure there is confidence that the responses are reflective of the majority, and therefore reflect valid and reliable responses from which decisions can be made.

Should you not wish to use the online system, please advise Administration Staff who will assist and provide a paper based questionnaire to be completed.

We look forward to your feedback and ask that the survey be completed prior to 25th of June 2018. Type and click on the following link in your message bar to take you directly to the survey

<https://www.surveymonkey.com/r/MLACREPSURVEY2018>

Thank you; A very big thank you must go to Lilo Seyffer one of the Residents who has been very busy taking photos on her IPAD for the Newsletter and then emailing them to myself for their inclusion.

Thank you so very much Lilo, I am most grateful to you, I think that you do an amazing job and don't your photos look fantastic throughout the Newsletter.

Thank you to everyone who purchased a ticket in the mother's day raffle, total raised was \$183.05, all proceeds go to the Residents fundraising, with Residents to determine how the funds are to be used, ideas are discussed at the monthly Residents Meetings.

Thank you; to everyone who participated in the "Australia's Biggest Morning Tea" at Myrtleford Lodge. To everyone that so generously donated to the success of the morning tea, we thank you all very much.

Till next month take care.