

# On The Grapevine

## Mother

You gave me love and watched me grow  
You taught me things, I'd need to know  
You comforted me and dried my tears  
You gave me laughter throughout the years  
You taught me to care, to be understanding  
I know there were times, I was so demanding  
Your wisdom and strength guided me through  
Without your love, I don't know what I'd do  
That constant faith you had in me  
Has given me wings and set me free  
Thank you so much, for being you  
All the love, the laughter – you're the best  
It's true  
I love you

Happy Mother's Day to all of our beautiful Mother's,  
Grandmothers and Great Grandmother's,  
we send you all love and best wishes for  
Mothers Day.

Welcome to the May edition of;  
“ On the Grapevine”  
The Myrtleford Lodge Aged Care  
Residents / Representatives  
monthly Newsletter



**Advanced Care Planning – What do these terms mean: May 2018**

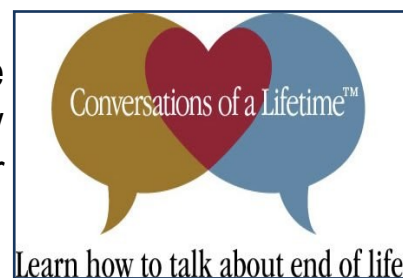
Each year half a million Australians experience the impact of terminal illness and the capacity of our health services to respond is often limited. Appropriate End of life care, treatment and communication are vital skills for all health professionals. Increasingly, patients and residents are expressing the wish to be care for and to die at home.

A recent article by Australian authors in the BMJ states:

*There has been an increasing awareness of the inadequacy of end of life care and of the poor knowledge of residents wishes about their medical treatment at a time when they lose the capacity to make decisions, resulting in residents being cared for in a way they would not have chosen.*

Advanced care planning is an essential form of resident centered care that helps residents to reflect on what is important to them, on their beliefs, values, goals and preferences in life and leading to an agreement

- ideally reached with their families as well as health care providers – about how residents want to be care for if they reach a point where they can no longer communicate their wishes about medical care.



Enabling residents to choose how they would like to be cared for near life's end is important because 85% of patients dies after a chronic illness: 50% are not in a position to make a decision about treatment near the end of life: patients relatives frequently don't know what their loved ones want: and doctors may provide aggressive treatment for patients who would not want it.

Above all many residents are kept alive in circumstances they would not choose.

Advanced care planning must include

- Clarifying a residents understanding of their illness and treatment options
- Understanding their values , beliefs and goals of care
- Identifying their wishes.
- Systems and processes are in place to ensure everyone is aware and follows the individual's wishes.

Research has shown that good advance care planning with residents in Residential Aged Care facilities has reported:

- 20% fewer acute hospital admission from patients with advance care plans
- No increased mortality associated with staying in the Residential Aged Care facility compared with transfer to acute care
- 90% residents wanted to die in the aged care home and 88% of residents with advanced care plans did so.
- 70% of residents without plans died in acute care hospitals in unfamiliar surroundings with unfamiliar staff.

Myrtleford Lodge staff respect the dignity of every resident, irrespective of their physical or mental condition.

This is a difficult topic to discuss however we need all residents and their representatives to consider what medical treatment is appropriate and the likely success of the interventions you decide.



**Respecting  
Patient Choices**  
Advance Care Planning

As per the Medical Treatment Act 1988: In Victoria, any legally competent adult may refuse treatment for any current condition. A properly appointed Medical Power of Attorney may refuse treatment on the patient's behalf, but only if the patient is legally incompetent.

**What treatment can I refuse?**

You can refuse almost any medical treatment. Medical treatment means the carrying out of an operation; or the administration of a drug or other like substance; or any other medical procedure; but does not include palliative care. You can refuse life-sustaining treatments, including resuscitation, being put onto a breathing machine and being fed through a tube.

**What can't I refuse?**

A refusal of treatment certificate specifically excludes refusing palliative care, namely reasonable medical procedures for relieving pain, suffering and discomfort.

**These palliative measures, including medications, are just to control symptoms and provide comfort.**

**What do I have to do?**

You or your representative must have enough information about your condition to be able to make a decision about whether or not to refuse treatment in general, or to refuse a particular treatment.

**How is refusal notified?**

When you are satisfied that you understand both your condition and the treatment, complete a Limitations of Medical treatment form (available from Myrtleford Lodge) with your medical practitioner and the Registered Nurse. Your specific instructions about palliative care can be included in the certificate.

**Can I change my mind?**

A refusal of treatment can be withdrawn at any time, provided that you are legally competent. You can communicate the withdrawal by any means. The withdrawal does not have to be written.

We have had a number of resident's state they would like to have full active resuscitation but do not want to be left with brain damage or residual deficits. Unfortunately we cannot guarantee this and needs to be taken into consideration when you are completing the form. Cardiopulmonary resuscitation is rarely effective for elderly patients due to the number of comorbidities, they have, health status and age which can result in poor health outcomes for the resident.

I encourage all residents and representatives to discuss the treatment you would like to be implemented in the event of serious deterioration in health or disease condition with either myself and/or your local doctor. Please be aware that when making these decisions we cannot guarantee an outcome.

Advanced care plans get people thinking and talking – to their families and to their doctors. They give residents a voice, and provide health professionals with clear indications about choices at the end of life.

Whatever our age may be, we all have values and preferences - and it's important to think about them, discuss them, and write them down in an Advance Care Directive.

If you would like to discuss further please do not hesitate to speak with your doctor, Registered Nurse, Deputy Director of Nursing or Director of Nursing at Myrtleford Lodge Aged Care.

We are currently reviewing our documentation in line with recent changes and may at some point discuss an Advanced Care Plan with you and your representative.

Thank you

Marita Seamer

Director of Nursing



### Residents / Representatives Meetings

Residents & Representatives Meetings are scheduled for the second Tuesday of each month from 3.15pm.

Next meeting: Tuesday 8th May 2018.

Everyone is most welcome to attend.





## Activities at Myrtleford Lodge

Bill and Gwen Naughton received a surprise visit from Ann and Peter McCormack who were Bill and Gwen's neighbours for over 35 years in Montmorency.



Peter said they were the best neighbours a person could ask for. Bill loved his garden and it was always manicured to perfection. They had a lovely time together catching up on old times.

Myrtleford Lodge again welcomed Residents from Hawthorn Village Bright for a lovely afternoon of friendship. Residents enjoyed catching up with old friends, a game of carpet bowls and afternoon tea together.



## Activities at Myrtleford Lodge

Residents enjoyed the Myrtleford Line Dancing Club coming in to perform, they group of ladies always interact with the Residents encouraging everyone to join in. Gwyneth Millar was one of



many who enjoyed kicking her heels up as always.

Jean Ellis is pictured enjoying the "All day word find" which allows Residents to challenge



themselves when they have time to sit at their leisure. Next to Jean, Kath Evans is working on a communal jigsaw puzzle which is nearing completion.



## Activities at Myrtleford Lodge



Polly Cleeland recently celebrated her 99th Birthday surrounded by her family who brought in the most delicious sponge to share for afternoon tea as well as the cake made by the Lodge.



Tesse Novak and Don Arnold also celebrated birthdays this past month, we hope you all had an enjoyable day.





## Activities at Myrtleford Lodge



What a beautiful display of petunias. Thelma Jones is pictured admiring them, she tells me that they are one of her favourite flowers.

Residents have certainly been making the most of our beautiful Autumn



sunshine of late, enjoying afternoon tea together under the gazebo. Don Arnold had a very special guest with him, his beloved little dog came in for a visit, she is staying with his friends and visits regularly.



## Activities at Myrtleford Lodge



Gwyneth Millar was captured wearing her decorated hat as part of the Easter festivities at the Lodge.



Mary Pedder, one of our Diversional Therapy Staff members retired during April. Mary enjoyed afternoon tea in her honour with both staff and residents. We all wish



Mary well in her retirement and thank her for the past 13 years of service to Myrtleford Lodge

## In Loving Memory

Alfred Janides ~ 22nd March

Margery Vonarx ~ 28th March

Desmond Briggs ~ 2nd April

Lorna Fallon ~ 13th April

Thomas Edgar ~ 25th April

Speranza Morussut ~ 26th April

Residents, Staff and Management of Myrtleford Lodge extend sincere condolences to all family and friends.

May they rest in eternal peace.



### Falls Prevention from the ground up– feet and footwear

As we age our feet can change shape and lose some feeling and flexibility. This changes the way we walk and affects balance. Painful or swollen feet can make it difficult to walk. Also, some shoes or slippers can make you more likely to slip, trip or stumble, leading to a fall.

When selecting footwear including slippers look for:

- Non slip sole
- Wide, flat heel, no greater than 2.5cm
- Support over the top and back of the foot
- Velcro or adjustable straps
- Correct / firm fit (not too big or small)
  - 1 finger width between the end of longest toe and the end of The shoe

It is best to purchase shoes in the afternoon as feet can swell during the day.



# *Invitation*

*Myrtleford Lodge Aged Care are again hosting an afternoon tea as part of the Cancer Council's*

*"Australia's Biggest Afternoon Tea" fundraiser.*

*Thursday May 24th*

*Myrtleford Lodge Aged Care*

*2.30pm*

*Entry is by Gold Coin Donation*

*Everyone is most welcome to attend  
Please RSVP to Administration prior to  
the event.*



Special events on the May Calendar

2nd May ~ Lunch Outing

4th May ~ Country Drive

5th May ~ Sing-along with Lynn Smith

8th May ~ Residents /Representatives Meeting

11th May ~ Mothers Day High Tea

13th May ~ Mothers Day



16th May ~ Entertainment. Ray Murtagh

18th May ~ Friends of the Library

19th May ~ Wangaratta west primary school choir.

24th May ~ Australia's Biggest Afternoon Tea

Gold coin donation. All funds raised for the  
Cancer Council of Australia.



25th May ~ Happy Hour

Many further activities are scheduled on the monthly  
Calendar, bus drives, garden walks, bingo, scrabble,  
knitting group, movies, special morning tea's etc.

New ideas are always welcome.

# ★ HAPPY ★ BIRTHDAY!

Kathleen Evans ~ 2nd May

Rose Maggs ~ 6th May

Gwyneth Miller ~ 10th May

Morris Gaylard ~ 15th May

Jack Hewitt ~ 21st May

Dorothy McNeill ~ 25th May

Iris Ross ~ 29th May

Margaret Oakley ~ 31st May

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





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

Do we have your correct Details?.

Do we have the correct details should we encounter an emergency situation?. Many of our Resident Representatives let us know when details including contact numbers change, however from time to time we learn too late that details that we have on our system are outdated. Should your details have changed recently, please advise Administration Staff.

**Pick up /Drop off Zone:**

Our Residents Representatives are reminded to please use the front portico as a drop off/pick up zone only as on a number of instances we have had emergency service vehicles and our Residents Bus having to park elsewhere.

Visitors car parking is available in the car park to the left as you enter the facility grounds as well as to your immediate right along the side of the building.

Two car parks adjacent to the front portico are for disabled / elderly parking only with Staff Parking only past this point.

We thank you for your cooperation.

**Newsletters and Calendars of events:**

Newsletters and Calendars of daily events are distributed throughout the facility however if you would like to receive the Newsletter by email, please advise Administration Staff of your email address or alternatively send an email to;

[admin@myrtlefordlodge.com.au](mailto:admin@myrtlefordlodge.com.au)

and we will happily add you to our contacts list.

Till next month.