

Welcome to the October edition of;
“On the grapevine”
The Myrtleford Lodge Residents &
Representatives Monthly Newsletter



Daylight Savings

Daylight savings time commences on
Sunday 7th October 2018 at 2.00am.

Remember to put clocks forward 1 hour
prior to going to bed on Saturday 6th October

Each month we are profiling some of the expected outcomes of the Accreditation Standards.

This month we focus on Expected Outcome:

Continence Management requires that: *Residents' continence is managed effectively.*

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

Management demonstrate its practices in continence management are effective in meeting residents' needs

Residents/representatives confirm their continence needs are being met.

Embarrassment and a misconception that bladder and bowel control problems are a normal part of ageing prevent Australian's getting effective treatment.

More than 4.8 million Australians have continence problems and urinary incontinence affects up to 37 per cent of women, compared to 13 per cent of men.

About one in 20 people have poor bowel control due to constipation, diarrhoea or through weak back passage muscles as a result of childbirth or some types of surgery.



Around 70 per cent of people don't seek medical help – although most continence issues can be treated, better managed or cured.

"Women are often embarrassed so they don't talk about it, or they think it's normal to leak a little or to have to rush to the toilet. Women don't have to put up with this but the problem won't improve on its own,"

The Continence Foundation of Australia is advising Australians to 'improve their bottom line' by eating well, drinking well, exercising regularly, keeping their pelvic floor toned and practising good toilet habits.

Myrtleford Lodge conducts regular continence assessments in consultation with residents/representatives and others about continence needs and preferences.

On admission a detailed history including symptoms is completed with a review of existing medication to determine if certain drugs precipitate or exacerbate the condition for example, diuretics, analgesics as well as fluid intake.

An assessment of the assistance residents require as well as the details of required continence aids are recorded.

All the data collected from the assessment is incorporated into individual resident care plans to ensure your continence needs are met. The care plan includes strategies for maintaining or restoring residents' continence where appropriate.



The staff regularly review continence management to determine its effectiveness in meeting the needs of the residents as well as collecting and review data to monitor urinary tract infections.

Myrtleford Lodge uses a particular company called Bunzl which provides us with a comprehensive continence range to suit all types of continence issues. Bunzl also provides the staff with ongoing education on the products we use as well as how to manage the continence program effectively.

Continence management also involves the care of catheters and the nursing staff are well equipped to ensure this specialised nursing task is managed effectively.

Various aspects of health and personal care are assessed to ensure effective management of residents' continence, such as skin care and nutrition and hydration. This information is also incorporated in every residents care plan.

Continence Management is managed collaboratively between the staff undertaking the assessment, the provision of care needs, as well as communicating with you any concerns.

You have a right to independence, privacy and dignity as well as the choice as to what products are effective for you.

If you have any questions regarding the range of products available and continence management please do not hesitate to speak to the care staff so we can provide you with a product that is suitable to your needs.

Marita Seamer

Director of Nursing.

Residents & Representatives meetings are held on the second Tuesday of every month @ 3.15pm.

This is a great forum to share ideas, concerns or queries so that they may be discussed.

Your ideas are always welcome.

Next meeting is scheduled for Tuesday 9th October 2018

Thank you to our group of ladies who each week tend to the beautiful fresh flowers that are kindly brought in by friend of Myrtleford Lodge, Barbara Raynor.

Pictured is Kath Evans with the dining table centerpiece arrangements that adorned the tables recently.



Special events on the Calendar

1st October ~ International day of Older Persons

1st to 31st October ~ Seniors month

7th October ~ Daylight Savings commences

9th ~ Residents & Representatives Meeting

9th October ~ Country Drive

10th October ~ Special Luncheon

11th October ~ Entertainment by Ray Murtagh

12th October ~ Happy Hour

18th October ~ Blumes Fashions; summer display

19th October ~ Friends of the Library

23rd October ~ Country Drive

25th October ~ Lunch Outing

26th October ~ Happy Hour

27th October ~ Myrtleford Show

29th October ~ Entertainment by Elysium

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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.



National Senior Citizens Day

Activities at Myrtleford Lodge

Myrtleford Lodge Residents enjoyed a beautiful Pasta Luncheon, beautifully prepared by, Teresina Nero, Virginia Broz, Maria Degrazia and Clare Southern.



Lunch was thoroughly enjoyed by all, thank you to the ladies who worked so hard to prepare the lunch, we certainly appreciated your hard work in the kitchen.

Activities at Myrtleford Lodge



This beautiful weather has brought us all outdoors recently. The Footy Tipping competition came to a close with a beautiful bbq luncheon, followed by the announcement of the

winner of the trophy, Betty Pigdon was crowned the winner on 130 tips, just pipping Ila Treloar who was the runner up on 129.



Also pictured enjoying morning tea in the sunshine is Shirley Brady, Heather Cowie and Gwyneth Millar.



Activities at Myrtleford Lodge

Pictured are Residents who recently enjoyed an afternoon over by the gazebo, roasting marshmallows, and cooking toast by a fire. The fire pit was brought in by Activities staff for residents to enjoy.



Residents had such a lovely time, they said that many stories were told and fun and laughter were

enjoyed with everyone wishing to have another day by the fire before the weather heats up.

What a lovely way to enjoy the afternoon.



Activities at Myrtleford Lodge



Residents are certainly making the most of the spring sunshine that we have been having during this past week, our activities are now changing to include some

outdoor enjoyment.

Pictured are a group of residents enjoying lunch al fresco style.

Walking groups, morning and afternoon teas under the gazebo, gardening, bus drives etc will now be included on the monthly calendar as spring has definitely arrived.

Residents have also enjoyed some wonderful entertainment this



month provided by Ray Murtagh and friends, Elysium and Lynn Smith.

Activities at Myrtleford Lodge



Myrtleford Lodge welcome visitors to the facility each day, students from the Myrtleford P-12 College are regular visitors on Tuesday and Friday mornings. Tess Novak was delighted to welcome one of her grandsons who read to her during his visit.

Myrtleford playgroup parents and children also often come in to say hello, on this occasion they were showing us their painting skills.



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Activities at Myrtleford Lodge

Residents have access to a computer set up in the living area for their use, skype is available on this computer should any families wish to utilize this service. Staff are always happy to assist, please let us know of a suitable time and date.



The doors are constantly opening with residents at last enjoying some sunshine, organized walking groups are also being enjoyed on these sunny mornings with Shirley Brady, Heather Cowie and Genyth Millar enjoying a walk followed by a cup of tea together.

How beautiful do our ladies feet look, Rebecca Drummond one of our care staff members has lovingly knitted many pairs of these beautiful bed socks for Residents using the princess chairs.

Thank you Rebecca.





Norma Schafer ~ 6th October

Florence Howell ~ 7th October

Robert Auhl ~ 8th October

Kevin Pigdon ~ 13th October

Rosemary Capocasa ~ 20th October

Beverley Allan ~ 21st October

Gweneth Naughton ~ 24th October



Best wishes for your special day from Residents and Staff, we hope that you all enjoy a lovely day with your families and friends.



Both Vanda Rinaldo and Beryl Morgan enjoyed birthdays during September, we hope

that you both enjoyed your day.



Dear Resident/Representative

Myrtleford Lodge is decluttering all areas as there is a limit on available space for items. There are a number of residents furniture items in the storage sheds at Myrtleford Lodge - we are unable to continue storing these items and request you come and view the items and determine if you want them discarded or arrange to come and collect. No longer are we able to store excess items. If these items are not collected we will contact local providers to collect or dispose of appropriately.



Your cooperation is appreciated.

Regards,

Marita Seamer

Director of Nursing

Bentley Wood Health and Aged Care



Fresh fruit

Residents are reminded that fresh seasonal fruit is always available from the Main Kitchen, please just ask one of the staff for assistance.

A note from the Administration desk

Dental visits; Residents wishing to book in to see the mobile dentist due to visit Myrtleford Lodge in the coming weeks are asked to please see one of the Registered Nurses to complete the consent to treatment form.

Direct Debits; Myrtleford Lodge 's method of payment of monthly invoices for fees and charges is by Direct Debit, correspondence has been sent to families that are currently not using this system and we thank families who have completed and returned the Direct Debit Request with your nominated account details.

Suggestions, Complaints, Improvement forms;

Residents /Resident Representatives are reminded that we welcome your thoughts and feedback. Improvement forms are available from the front entrance area, please ask Administration Staff for assistance should you require it.

Newsletter; When producing the monthly newsletter, it's lovely to look back on the past month and the many activities that have been enjoyed, we welcome many visitors on a day to day basis, we enjoy having visitors to the facility and hope that you always feel welcome.

We do ask that visitors wishing to have lunch at the facility to please advise us prior to the lunch service, perhaps the day prior or early in the morning and limit the number of guests to one or two . This service is designed to assist those residents who are unable to leave the facility with visiting family.

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