

# Remembrance Day

11 NOVEMBER

## In Flanders Fields

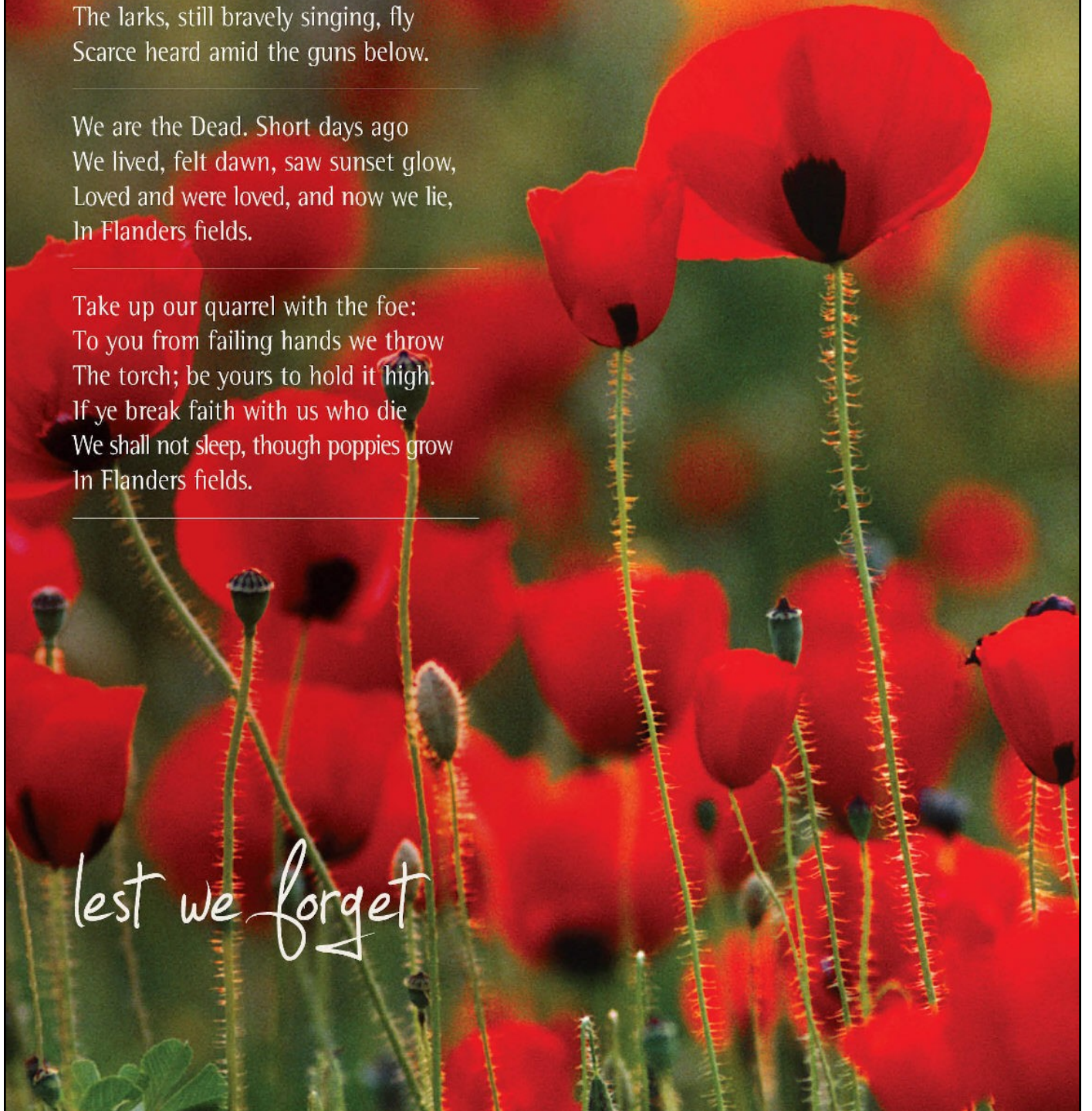
poem by Lieutenant Colonel John McCrae, 3 May 1915

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

lest we forget





### Activities at Myrtleford Lodge

Congratulations to our newlyweds, Susie and David Draper who married in the garden of Susie's daughter Margot on Saturday 5th October much to the delight of their large family and friends.

Susie and David's love story commenced when they became friends in Adelaide 44 years ago when they both worked at St Peters girls school.

Susie and David relocated to Myrtleford over nineteen years ago to be closer to Susie's daughter Margot who was nursing at Myrtleford Hospital after marrying and expecting her first child.

David proposed to Susie on Valentine's day 2019 with red roses and a special dinner whilst Susie was in hospital, Susie was then to surprise David and guests at the wedding when she walked down the aisle, a dream having undergone extensive physiotherapy, not wanting to be pushed in a wheelchair.



We wish you both much love, laughter and happiness together.

### Resident story of the month; Brian Jordan

Brian Jordan was born in Wangaratta 8th of May 1930 the eldest of 4 boys. Brian attended school at St Patricks primary school Wangaratta before commencing work with the PMG department as a postal clerk sending telegrams initially by Morse code before changing to the more modern touch typing of telegrams.

Brian commenced doing some relief work for the PMG which took him to Wycheproof where a young Roma applied for a position as a telephonist, as the story is told, Brian advised his boss at the time "if Roma didn't get the job he was leaving " Roma got the job and the romance blossomed with the couple meeting in Bendigo on weekends after Brian returned to Wangaratta, they married in Melbourne and together raised 5 children.

The couple moved to Mount Beauty, Eildon and back to Wangaratta as Brian left the PMG to work as a representative for Peters Ice-cream then Hutton's smallgoods and prior to retiring, the Wangaratta Hospital linen service as a delivery driver.

Brian and Roma's love story continued with the couple enjoying retirement together before Roma was admitted to Myrtleford Lodge, Brian joined Roma at the lodge where they both enjoyed spending the days together before Roma's passing .

Brian continues to enjoy the company of others as well as regular visits from his family.



### Activities at Myrtleford Lodge

Myrtleford Lodge Residents enjoyed an outing to the Myrtleford Show on Saturday 26th October where they enjoyed all of the fun of the fair.

Donald Arnold enjoyed the brass band and Faye Fear caught up with Paddy Platypus the SES mascot.





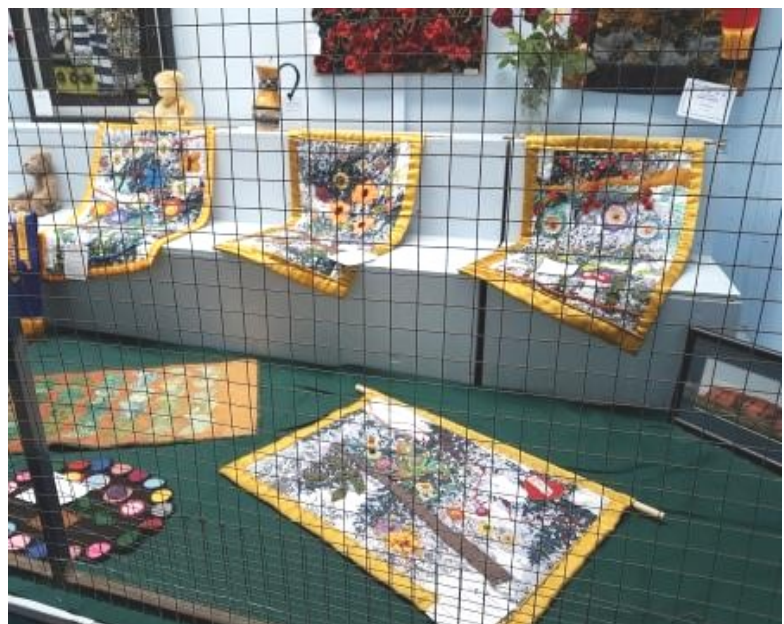
### Activities at Myrtleford Lodge

The Myrtleford Lodge craft group features in many of our Newsletters showing their craft skills and ideas.



This talented group of ladies entered many items in the local show with Gwyneth Naughton taking out First and Second prize with her family of knitted dolls and Betty Forbes winning second prize for her patchwork craft.

Congratulations to the group, we all very much enjoyed seeing your craft on display.



This month we will discuss resident/consumer choice and dignity of risk as well as consumer directed care.

The below is Bentley Wood's policy with regards to consumer directed care.

Consumers' right to make their own choices about their care and services is encouraged and supported, including their right to take risks.

Decision-making includes when and who consumers would like to be involved in their care, making connections with others and maintaining relationships with, including intimate relationships.

Staff work in partnership with each consumer and involve others that they choose to support them in their decisions.

Consumers are provided information in a way that supports them to understand their options and to make an informed decision.

Decision-making capacity means that a consumer has the ability to:

- Understand the information about the decision and its consequences
- Use the information to weigh up options
- Retain the information long enough to make a decision and be able to;
- Communicate their decision



It is recognised that consumers may have differing levels of decision-making ability, requiring differing approaches depending on the consumer's capacity, the type and complexity of the decision/s to be made.

Approaches may include:

- Making decisions independently based on the information provided
- Supported decision-making with a trusted person who knows their wishes and supports them through the decision-making process
- Decision-making on their behalf by a legal decision-maker. This approach should be a last resort and should take a "substituted judgement" approach considering what decision the consumer would have made, rather than a "best interests" approach.

The abilities and support each consumer requires for decision-making is assessed and documented in the residents file.

Supported decision-making is the process taken to enable a consumer who requires support to make and or communicate their own decisions about their life.

A balanced approach is taken to manage risk. This involves respecting a consumer's right to take personal risk whilst providing for the health and safety of the workforce and others in the service environment.

An assessment of the associated risk and an agreed plan to manage the risk rather than avoiding it is documented on a Risk Assessment. A summary is documented in the progress notes and the care plan is updated as relevant.

Consumers' right to refuse treatment is respected, this includes refusal of procedures and medications.

Staff communicates respectfully with consumers and provide care and services in a way that respects consumer's individuality.

A strength-based approach is taken when providing care and services. This approach recognises each consumer's strengths and capabilities and empowers them to be as independent as they can be and supports them to live the life they choose including social and intimate relationships.

Ways staff can provide dignity and respect to consumers include but are not limited to the following examples:



Referring to consumers by their preferred name

Communicating in a way that is encouraging and supportive

By recognising their strengths and empowering them to be independent and to make choice about matters that affect them

Showing respect to their visitors

By dressing consumers for room temperature or their individual comfort

Dressing consumers in clothing that is clean and tidy

Ensuring consumers look well-groomed related to hair, facial shave and or makeup as preferred.



Staff must at all times ensure they respect each consumer's personal privacy.

Ways staff provide personal privacy for consumers include but are not limited to the following examples:

- Knocking prior to entering rooms and respecting "Do not Disturb" signs
- Using privacy screens and or closing doors when providing care including providing assistance
- By providing adequate personal space in the sitting rooms and dining area/s

*Resident/Consumer of the day consultation are conducted monthly and this is a great opportunity for you as the consumer to discuss your care needs and any individual needs you have outside the day to day communications you have with staff. The monthly ROD is an evaluation of care over the past month and care needs moving forward. Please take this opportunity to discuss your care needs and choices you would like to make.*

If you would like to discuss anything at any time, please speak to the staff at the time.

Marita Seamer

Director of Nursing

### **Residents/Representatives Meeting**

Next Meeting scheduled for;

Tuesday 12th November 11.30am

The meeting is a great forum to discuss any ideas for improvement, suggestions and ideas.

Everyone is most welcome to attend.

### Special events calendar

5th November ~ Melbourne Cup

6th November ~ Birthday Breakfast

7th November ~ Oaks Day afternoon celebrations

11th November ~ Remembrance Day



12th November ~ Residents & Representatives meeting

13th November ~ Lunch outing

14th November ~ Country Drive

15th November ~ Friends of the Library

18th November ~ Dogs day out afternoon

20th November ~ Country Drive

27th November ~ Entertainment by Elysium

28th November ~ Meet the newest additions to our  
Myrtleford Lodge family afternoon tea.

Further daily activities are listed on the monthly calendar and daily notice boards including, craft, games, garden walks, bingo and much more.

Residents who have ideas for activities or outings are asked to share their ideas with Activities Staff.

## Staying Hydrated in the warmer weather

As summer approaches, so too are warmer days. Heat-related illnesses, particularly dehydration, can affect anyone—no matter age or medical history.

Dehydration is more prevalent in warm weather, due to the loss of water and salt from the body. Dehydration occurs when a person's body temperature rises and the body tries to cool itself down by sweating.

### Why do we need to drink water?

Our bodies comprise of 70 to 75 per cent of water, which is responsible for maintaining blood circulation as well as supplying our bodies with essential nutrients and removing waste.

Drinking water also maintains blood volume and ensures our blood pressure is maintained.

### How do I know if I'm dehydrated?

The most common symptoms of dehydration are a dry mouth and feeling thirsty. Other symptoms include:

- Headache
- dry skin
- passing less urine than normal
- Tiredness
- Dizziness
- cramping in the arms and legs



- If these symptoms worsen or last for more than an hour, immediate medical attention is highly advised.



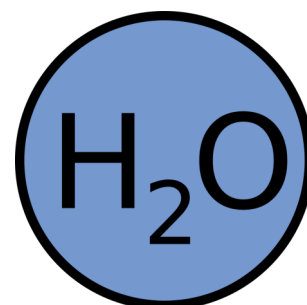
### Helpful hints to stay hydrated

Ensure your staying hydrated during the warmer months by following these tips:

- Pay attention to the colour of your urine as this is a good way to monitor fluid loss. Your urine should be pale yellow and not dark yellow, too smelly or cloudy
- Consuming fruits and vegetables (at least five cups) counts towards your fluid levels, as they contain water and potassium.
- Fluids found in foods (icy poles, custard, jelly, ice cream, yoghurt, fruit and soup) as well as fruit juice, milk, tea, coffee and cordial all contribute to the daily intake.
- Tea and coffee, while being a good source of fluid, should not be the only fluid a person drinks because they contain caffeine
- Avoid fizzy drinks or caffeine-based drinks, which can trigger urge incontinence in some people with bladder dysfunction.
- Sip on water before, during and after exercise for low to moderate activity (less than 60 minutes)
- Do exercise or outdoor activities in the early morning or evening to avoid excessive exposure to the midday sun
- Wear sunscreen and a hat to protect your head, neck, ears and face to avoid getting sunburn which stops your body from cooling itself down properly
- Wear thin, loose clothing to help sweat evaporate. Avoid wearing dark clothes which absorb more heat than light clothing.

Marita Seamer

Director of Nursing



# Residents Christmas Party

Myrtleford Lodge will again be  
hosting a Christmas Party for  
Residents and Family.

Tuesday 3rd December

12pm

3 Course lunch & Refreshments

Entertainment by;

Lynn Smith & Stanley Choir

\$15.00 per head for Family members.

Please RSVP to Administration

Prior to 23rd November 2019

As seating is limited, we request each Resident limit their  
guests to two per Resident please.

Should numbers allow, additional guests may be included,  
please see Administration.



### Activities at Myrtleford Lodge

The activities program is diverse and varies with Residents often initiating their own activities, Shirley Mitchell, Pat Waite and Dorothy Cook enjoyed a game of pool together.



Myrtleford P-12 College continue to visit the lodge engaging with the Residents. Pictured are the year 10 geography class

In loving memory of;

Mary "Polly" Cleeland  
10/04/1919 ~ 25/10/2019

Myrtleford Lodge Residents and staff extend sincere condolences to Polly's family and friends during this sad time of her passing

May she rest in eternal peace



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

**Clothing labels;** With the onset of the warmer weather we are all now also changing our wardrobes to wear lighter clothing. Could we please remind Residents of the importance of having all items of clothing labelled to ensure that any new items don't become lost property.

Additional labels can be ordered through Administration if required.

### ***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.

### ***Resident / Representatives Newsletters:***

The Resident / Representative Newsletter is compiled and distributed monthly with copies made available to Residents on the large notice boards within the facility and from front reception.

Many of our families receive an emailed copy, should you wish to be included in our contacts to receive a copy please let administration staff know your email address, alternatively send an email to; [admin@myrtlefordlodge.com.au](mailto:admin@myrtlefordlodge.com.au)

Till next month Take Care

