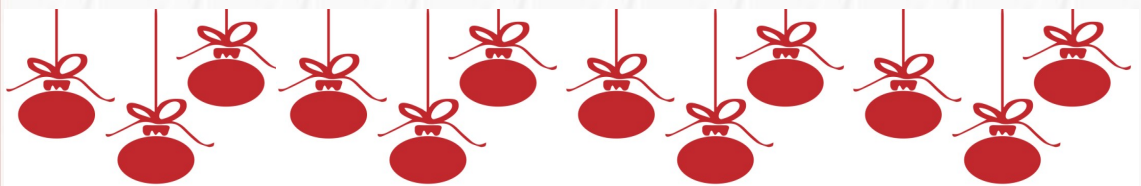
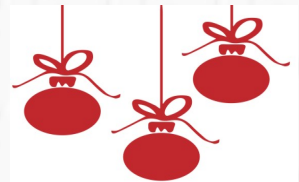




*Welcome to the December  
Edition of;  
“On the Grapevine”  
The Myrtleford Lodge  
Residents  
and Representatives  
Monthly Newsletter*



*Management & Staff  
wish you all a very  
Merry Christmas  
& Safe and Prosperous  
New Year*





### Special Events Calendar

2nd December ~ Bus drive to Beechworth for Morning Tea

3rd December ~ Residents Christmas Party

~ Entertainment by Lynn Smith & Choir

5th December ~ Entertainment by Tony Houseman

10th December ~ Residents/Representatives Meeting

11th December ~ Birthday Breakfast

18th December ~ Christmas Lights tour, Wangaratta

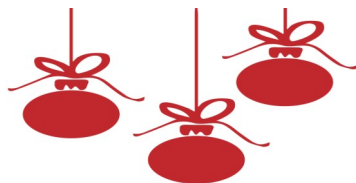
20th December ~ Happy Hour

23rd December ~ Entertainment by Elysium

25th December ~ Christmas Day

26th December ~ Boxing Day

31st December ~ New Years Eve



Christmas is always a very social time at Myrtleford Lodge with our schools and community groups visiting and providing additional entertainment, our daily activities will at times change to include these additional activities as we all enjoy the excitement of the season.



## 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:

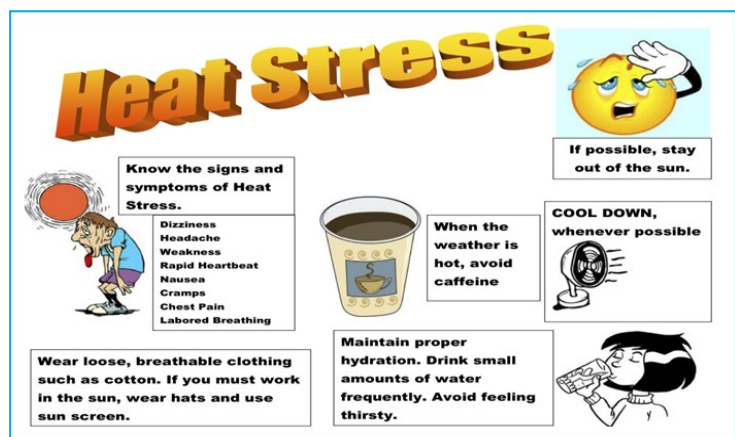
- **Self-care problems** – some older people are frail or have reduced mobility or mental illness. These factors make it difficult for the person to take adequate care in hot weather.
- **Physical changes** – the ageing body doesn't cope with sudden stresses as quickly as a younger body. For example, 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.<sup>1(p.23)</sup>
- 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



The gardens at Myrtleford Lodge are looking a picture at the moment with Residents



enjoying spending these beautiful spring mornings outside in the courtyards, tending the garden, sweeping the paths, reading the paper, relaxing with friends and family or walking along the garden paths.

### Anglican Service

Sadly the Myrtleford parish has farewelled minister Richard Pennington, the parish has advised they will endeavour to continue to provide Residents with a service however this will be on an irregular basis.

Residents were able to thank Richard at an afternoon tea in his honour following his last service on the 14th November.



### Seasonal Fruit

Residents are reminded, fresh seasonal fruit is available from the main kitchen daily, please ask Catering staff for assistance.



## Activities at Myrtleford Lodge

"It's beginning to look a lot like Christmas

Ev'rywhere you go;

Take a look in the five and ten glistening once again

With candy canes and silver lanes aglow

It's beginning to look a lot like Christmas

Toys in ev'ry store

But the prettiest sight to see is the holly that will be

On your own front door"



Myrtleford Lodge is looking beautiful thanks to the many elves that have been



busy during this last week of November in preparation for all of our Christmas activities. Many staff members joined Residents for an evening of fun friendship and decorating much to the delight of everyone who woke to find the dining room transformed. Thankyou

to everyone who assisted your efforts are much appreciated.

Shirley Mitchell, Kath Evans and June



O'Connell were just three of the many helpers.





## Activities at Myrtleford Lodge

**Celebrating Anniversaries;** Marie and Noel Thatcher celebrated their 48th wedding anniversary recently, they dined at Myrtleford Lodge for lunch and enjoyed a cake with Residents who gave them three cheers.



**A dogs day out;** The Myrtleford Lodge annual "dogs day out" was again thoroughly enjoyed by Residents, visitors and their canine friends. Fran Bailey was the appointed judge giving out various prizes and treats.

**Four generations;** Gwyneth Miller enjoys regular visits from her family however during the last month she was joined by not only the littlest member of her family, she was pictured with her daughter and grandson as well, four generations.



## Activities at Myrtleford Lodge



Visitors; This past week we were all treated to a visit from our little extended family. As many of you know some staff members have welcomed new additions to their families and they all came to visit us to say hello. Thankyou to their parents for taking the time to visit allowing us all to watch them grow



and develop little personalities, they are just so gorgeous and growing way too fast. Our little Neo was too fast for the camera though as he's now running everywhere.



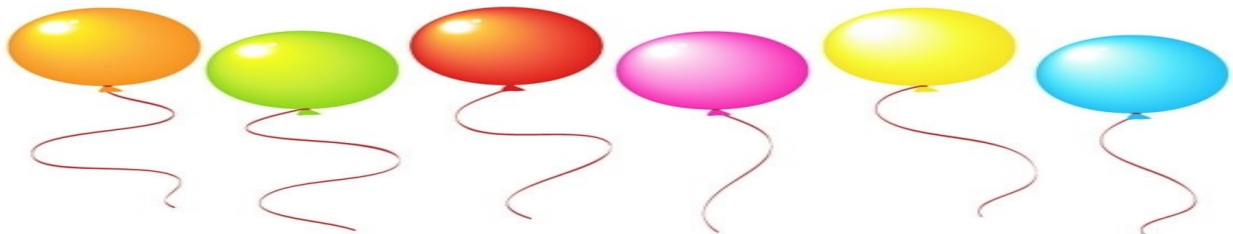


## Activities at Myrtleford Lodge



Every Wednesday morning this group of ladies join together with Rosa Igri who has stepped into the shoes of volunteer Rita Sguario who continues to recuperate following her accident.

"Our Italian ladies group", enjoy a morning of Italian music and singing, friendship and much laughter.



## December Birthdays

1st December ~ Joan Munro

12th December ~ Olga Feltrin

19th December ~ Richard Richter

25th December ~ Paola Castagna



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

### Brief Life History of Richard Gove

Richard Gove was born in London in 1916 to parents Lillian and Walter, the family lived at Manor Park Eastham where he also attended primary school along with his three siblings, Esme, Lily and Wally. There's a story that he was chosen as the third witch in the school's production of Macbeth!

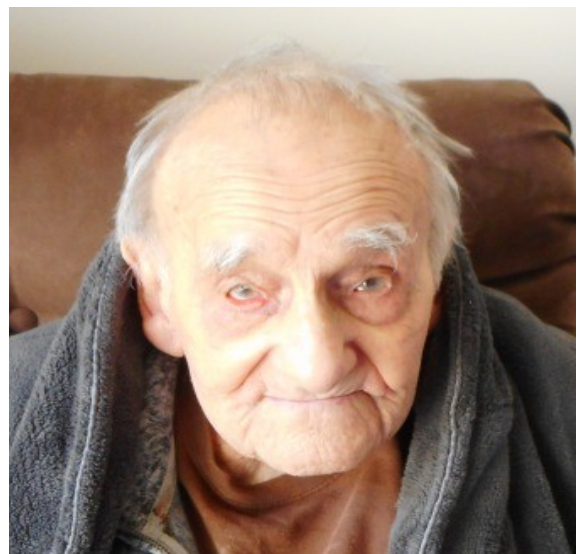
Richard like many others left school aged 14 and was employed at Royal Typewriters, first as a tea boy, then as an assembler of the parts that came from elsewhere.

Richard was to become a "Plumbers mate" around 1939 where he then became involved in building air raid shelters in London. There wasn't the opportunity to complete a formal apprenticeship however that wasn't to stop him. During this time the family bought a house in Ilford London.

During 1941, Richard was to join the army, Richard filled in a coupon in a motorcycling magazine calling for despatch riders in the army, he was exempt previously because of his plumbing skills used in rebuilding London after the bombing.

Around 1945 following the end of the war, Richard was to meet his future wife Muriel, they married in 1950 and lived with Richard's mother in Ilford. A neighbour who he did some work for was working at Ford and helped Richard to gain a job with them as a plumber/maintenance man.

Muriel and Richard welcomed their son Keith in 1953 whilst still living at Ilford, Richard was to then become involved in a cooperative building project for 20 houses called "Kent View" in Wennington where a group of people shared their skills to build the houses, the family lived at 7 Kent View where they made lifelong friends and welcomed their daughter Joanna in 1958.





Richard and Muriel made the decision to make the long journey to Australia in 1959 arriving in Melbourne having travelled on the Italian styled passenger ship the Fairsky, staying initially at the migrant camp in Nunawading while they settled in.

The family was then to rent a house in Carrum whilst Richard built a home in Frankston for his family working intermittently until he gained full time employment at the Gas and Fuel corporation where he was to work on many major projects including connecting Melbourne homes to natural gas, and the Karingal housing estate development near Frankston until his early retirement.

Myrtleford Lodge welcomed Richard in October 2019 having previously lived in Bright. Richard sadly passed away at Myrtleford Lodge on 22nd November 2019 aged 103.

Thankyou to Richard's family for sharing his story with us all, this brief life history was put together and read at his 100th Birthday which was celebrated in February 2016.



*In Loving Memory of;*

*Richard Gove*

*18/02/1916 ~ 22/11/2019*

*Peter Ross*

*15/04/1935 ~ 26/11/2019*

*Luigina Degrazia*

*27/06/1931 ~ 29/11/2019*

*Myrtleford Lodge Residents & Staff extend sincere  
condolences to the families of Richard, Peter &  
Luigina during this sad time,  
May they rest in eternal peace.*

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

### Front Entrance:

Just a little reminder to all of our visitors to Myrtleford Lodge that we require you to please sign the visitors book when entering and exiting the facility.

This way should we have an emergency we can easily identify visitors in the facility, we thank you for your cooperation.

### Christmas Planning:

Thank you 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 working alongside you all in 2020.

As staff members it is always a pleasure for us to play a small part in your every day lives.

Till next month, take care.

