

A decorative background featuring a clock face with the year '2019' prominently displayed in the center. The clock hands are visible, and the entire scene is adorned with numerous white snowflakes of various sizes and colors, along with small, glowing lights. The overall aesthetic is festive and winter-themed.

2019

Welcome to the January 2019 Edition of;

“ On the Grapevine”

The Myrtleford Lodge Residents &
Representatives Monthly Newsletter

“ Like birds, let us
leave behind what we don't need,
Grudges, Sadness, Pain, Fear and Regrets.

Life is beautiful, enjoy it.

Happy New Year 2019”

2018

The Year that was at Bentley Wood - Myrtleford:

2018 has been a very busy year for us all at Bentley Wood - Myrtleford with many residents coming and going, both Respite and Permanent Care Residents.

Here is a summary for 2018:

We have seen 57 new residents. A combination of respite and permanent residents, which were admitted to Bentley Wood - Myrtleford for varying lengths of stay.

72% of our residents are female.

Currently the average age of residents is 85.41 years old

28 new staff have commenced as part of our team in 2018.

We currently employ 87 staff at BW - Myrtleford

We have received 715 documented incidents.

We have received 46 documented improvements and suggestions

We have reviewed and updated over 171 policies and procedures.

We have completed over 98 audits on a full range of areas.

We have completed 41 quality activity reports.

We have received and fixed hundreds of maintenance requisitions.

Resident survey: satisfaction rate of 96% - which identifies a strong indication that the organisation is meeting the vast majority of needs. Thank you for all the lovely comments about the staff. The staff do a fantastic job with every resident and work very hard to meet individual need. We applaud the staff for their efforts and nice to see residents acknowledge their efforts also.



Resident / Representative survey: satisfaction rate of 96% - outstanding result. Every resident at Bentley Wood - Myrtleford is treated with respect and according to the Charter of Care Recipients' Rights and Responsibilities displayed throughout the facility. The staff ensures the care provided is according to best practice and this is evidenced through our accreditation history, the overwhelming positive results of the resident and resident representative survey and the formal and informal discussions held with all key stakeholders.

Staff survey: 97% satisfaction. A fabulous result. The results are a reflection of the majority of staff focusing on high standards of resident care and service, respect and professionalism, and team work.

Staff commitment to Bentley Wood - Myrtleford for 5 years or longer has been 18 in total and 8 staff members have achieved 10 years of service.

We have dished up countless meals to residents, visitors and staff from our kitchen, with all meals being prepared on site under the guidance from our visiting Dietitian.

We have celebrated all of the resident's birthdays during the year.

I would like to thank all the staff for their tireless work, humour, commitment to the residents and professionalism in the care and services they deliver. I know all the residents appreciate your efforts.

We face many challenges every day and celebrate many occasions and although we may not get it right all the time, every effort is made to ensure the residents are secure, happy and respected.



We would also like to make special mention of our fabulous residents for your positive outlook and appreciation for your life at Bentley Wood – Myrtleford.

We thank all our external services such as hairdresser, volunteers, medical staff, allied health staff and contractors.

We also thank representatives, volunteers, staff and visitors for the hard work and commitment to making Bentley Wood what it is.

We look forward to a successful and happy 2019 and wish you all the best for the coming year.

May we continue to face the successes and challenges together at Bentley Wood – Myrtleford.

Website: www.bentleywoodpl.com.au

Marita Seamer - Director of Nursing

Christmas Raffle

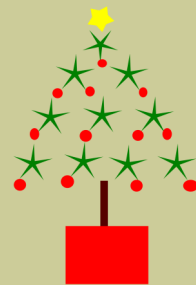
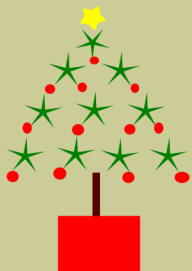
Thank you to the many families, visitors and Residents who purchased raffle tickets in the Christmas Raffle which included the main prize of the beautiful Christmas Cake using the Nigella Lawson recipe.

Our winners were as follows;

1st prize ~ Jim King

2nd prize ~ Beth Dalbosco

3rd prize ~ Linda Earl



Christmas at Myrtleford Lodge

Christmas at Myrtleford Lodge was a special time spent enjoying many visitors, entertainers that included the Stanley choir and the local schools and scouting groups along with our families visiting, some from far and wide.

Our Christmas festivities commenced very early in December

with the Stanley Choir delighting us all with their beautiful voices, they delight us every year and we very much appreciate their time.



The local scout group were just adorable, they arrived all dressed in their Christmas attire and sang some carols for us which were beautiful.



Christmas at Myrtleford Lodge

Happy hour during December was well attended, Residents enjoy the chance to come together socially to enjoy drinks and nibbles together, listening to music or just generally enjoying each others company.



Our volunteer Lynn Smith also provided some musical entertainment, on this occasion Lynn brought along some family friends who joined in for our enjoyment.



Christmas at Myrtleford Lodge

Morning tea was enjoyed at Myrtleford Lodge with the local PAG group, they joined our Italian morning tea gathering on the Wednesday before Christmas, our volunteers, Rita Squario and



Clare Sacco assisted with the morning tea and the entertainment.

Myrtleford P-12 College

Myrtleford College continued to visit regularly throughout

December. Students are pictured with Betty Forbes and Gwyneth Millar both holding their portraits which are fantastic. All portraits are displayed in the Activities room.



Thankyou to Rosemary Bunge the College coordinator and the students for assisting us with our daily activities program each week, we thoroughly enjoy your visits.

Christmas at Myrtleford Lodge

Myrtleford Lodge held what was to be our inaugural Memorial Service at Myrtleford Lodge. Pictured is staff member Hugh Clasby who put forward the idea of having a non denominational service to remember residents who had passed away during the year.

All residents that had passed away had their photo displayed along with a candle, Hugh read out the names and had also put together a short story of their life and how we will remember their time spent at Myrtleford Lodge.



Thankyou to the local Uniting Church reverend who officiated the service and to Hugh Clasby for his lovely idea, collation and presentation of stories, the service was very special and well received by all. Myrtleford Lodge will continue to hold a service annually with your input and suggestions welcome as always.

Staying Hydrated in the warmer weather

As summer rolls on, 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.



Australia Day is the official National Day of Australia. Celebrated annually on 26 January, it marks the anniversary of the 1788 arrival of the First Fleet of British Ships at Port Jackson, New South Wales, and the raising of the Flag of Great Britain at that site by Governor Arthur Phillip. In present-day Australia, celebrations reflect the diverse society and landscape of the nation, and are marked by community and family events, reflections on Australian history, official community awards, and citizenship ceremonies welcoming new immigrants into the Australian community.

26 January 1788 marked the proclamation of British sovereignty over the eastern seaboard of Australia (then known as New Holland).

Although it was not known as Australia Day until over a century later, records of celebrations on 26 January date back to 1808, with the first official celebration of the formation of New South Wales held in 1818. On New Year's Day 1901, the British colonies of Australia formed a Federation, marking the birth of modern Australia. A national day of unity and celebration was looked for. It was not until 1935 that all Australian states and territories had adopted use of the term "Australia Day" to mark the date, and not until 1994 that the date was consistently marked by a public holiday on that day by all states and territories.

In contemporary Australia, the holiday is marked by the presentation of the Australian of the Year Awards on Australia Day Eve, announcement of the Australia Day Honours list and addresses from the Governor-General and Prime Minister. It is an official public holiday in every state and territory of Australia with community festivals, concerts and citizenship ceremonies, the day is celebrated in large and small communities and cities around the nation. Australia Day has become the biggest annual civic event in Australia.[†]

January Birthdays



Edna Semmens ~ 3rd January

Edna Shephard ~ 14th January

John Davidson ~ 21st January

Betty Pigdon ~ 23rd January

Brian Hays ~ 26th January

Marj Moore ~ 29th January



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



Olga Feltrin enjoyed her Birthday during December with a special afternoon tea in her honour.



Paola Castagna also enjoyed birthday celebrations.

Special events Calendar



1st January ~ New Years Day 2019
~ Public Holiday



2nd January ~ Cooking

3rd, 10th, 17th, 24th & 31st January ~ Local Shopping

3rd, 10th, 24th & 31st January ~ Italian group morning gathering

11th & 25th January ~ Happy Hour gatherings.



26th January ~ Australia Day



28th January ~ Australia Day Public Holiday

All bus outings and outdoor activities will be dependant on the weather.

Movies, board games, bingo, carpet bowls, cooking groups, flower arranging etc will all be displayed on the daily calendar located in the main dining room.

Please ask Diversional Therapy Staff should you wish to watch a movie of your choice.

In Loving Memory of;

Ila Treloar

21/12/2018

Maria Roso

23/12/2018

Guiseppe Cerminara

28/12/2018

Myrtleford Lodge Residents and Staff extend sincere condolences to the families of Ila, Maria and Guiseppe, our thoughts and prayers are with you all at this sad time.

Myrtleford Lodge will remember Ila, Maria and Guiseppe with much love.

May they rest in eternal peace.

A note from the Administration Desk

Residents / Representatives Newsletter and Calendars:

As we have welcomed many new Residents and Families to Myrtleford Lodge during the last few months of 2018, we advise you that our Newsletters are published monthly, we find that this is a great way to distribute information and articles of interest.

Newsletters are available from Front Reception in a booklet as well as on our website; www.bentleywoodpl.com.au, which has recently been updated. Alternatively please leave your email address with Administration Staff to be included in our contacts list to automatically receive a copy each month.



We wish each and everyone a very safe and Happy New Year, we look forward to the privilege of being part of your everyday lives again in 2019.

From all of the staff, we thank you for your lovely cards, chocolates, shortbreads and kind wishes that were showered upon us this Christmas not only by the Residents, also from our wonderful families.