

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

Mothers Day ~ Sunday May 12th

While we honour all our mothers  
With words of love and praise  
While we tell about their goodness  
And their kind and loving ways  
We should also think of Grandma  
She's a mother too, you see.....

For she mothered my mother  
As my mother mother's me.

~ Anon ~





## Special Events in May

6th May ~ Mobile Polling Station

7th May ~ Italian special luncheon

~ Cooking with Gerry Liccione

12th May ~ Mother's Day

8th May ~ Birthday Breakfast

~ Happy Hour

14th May ~ Visit to Myrtleford P-12 College

15th May ~ Australia's Biggest Morning Tea

Raising valuable funds for Cancer Research

17th May ~ Happy Hour ( Italian theme)

20th May ~ National Volunteer Day

Recognizing the invaluable contribution of Volunteers

22nd May ~ Country drive to Bright to view the autumn leaves.

22nd May ~ Sadie Michael Fashions

31st May ~ Happy Hour

14th—17th May ~ La Fiera Festival

“ Let's have fun the Italian way”

Myrtleford's wine and food fiesta

Festival program available at reception.



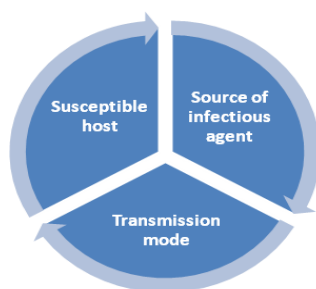
This month we focus on Expected Outcome –

### 4.7 – Infection Control

**This expected outcome requires that there is: *An effective Infection control program.***

The focus of this expected outcome is ‘results’ and ensures the following:

- Management demonstrates its infection control program (plans, procedures, practices, equipment) is effective in identifying and containing infection.
- Management has information on infection and/or other statistics about the effectiveness of its infection control program in identifying, containing and preventing infection.
- Staff practice is consistent with Australian government infection control guidelines.



As illustrated in the opposite diagram the Chain of Infection has three elements that are required for an infection to occur;

- Source of infectious agents (organisms, germs that can cause infection)
- Mode of transmission (a means of spreading)
- A susceptible host-the frail elderly are more susceptible.

## This is how we ensure the infection control program is managed effectively:

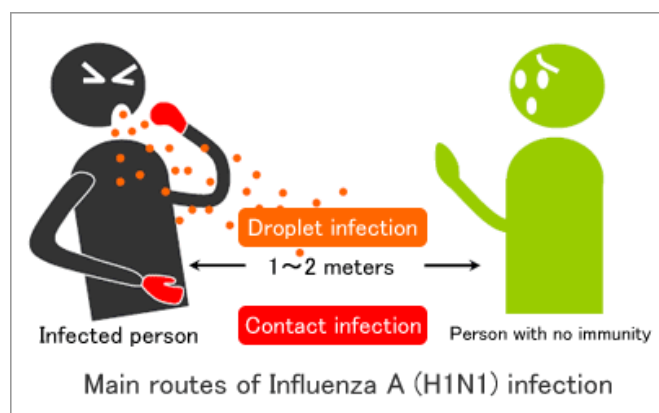
Implementing standard precautions and where required transmission-based precautions breaks the chain of infection and reduces the risk of residents developing a healthcare-associated infection.

Standard precautions include; hand hygiene, personal protective equipment, staff and resident health including a vaccination program, respiratory hygiene and cough etiquette,

aseptic technique for procedures, management of blood and body substance spills, correct handling and disposing of sharps, correct handling of linen, waste management, pest control, environmental cleaning and a food safety program.

Infection rates are monitored daily and monthly statistical analysis occurs to identify trends and identified need to change work practices and or procedures by a designated infection control practitioner.

Outbreak control measures are implemented in a timely manner to minimise the spread of infection.



Timely and appropriate communication of information to staff, residents, visitors and authorities is a key component of outbreak management.

In 2018, 10.84 million vaccine doses were distributed across Australia to prevent another flu season that saw more than 249,000 laboratory-confirmed cases of influenza last year. Vaccination is important for high-risk groups like the elderly, children, and people suffering from asthma, diabetes or heart diseases - and healthcare workers who are more exposed to the virus.

Based on data, vaccinated individuals were 68% less likely to present to a general practitioner (GP) and 58% less likely to be hospitalised due to influenza, when compared to unvaccinated individuals.

With the flu season upon us it is a timely reminder for all residents, representative and visitors to be reminded of Bentley Wood's policy.

Good personal health and hygiene habits prevent the virus from both spreading.

In the event of an influenza outbreak unvaccinated staff, volunteers and visitors will not be permitted access to the facility. This is to maximise resident and staff protection.



*The annual influenza vaccination is the most successful measure used to protect against the flu.*



All residents and staff are encouraged to have the

influenza

vaccination and this vaccination has commenced in 2019.

If you have any questions about infection control measures please do not hesitate to speak to the care staff.

Marita Seamer. Director of Nursing



### Easter Raffle

Our beautiful Easter craft display and raffle was put together by this very talented group of ladies under the guidance of one of our new volunteers, Judith Neumann who is delighting

the residents with her craft ideas. Pictured is Olga Feltrin who was the lucky raffle winner.

Thankyou to everyone who purchased a ticket, a total of \$303.25 was raised.



## Activities at Myrtleford Lodge

It seems that Easter bunny "herself" was on hand at Myrtleford Lodge to distribute the eggs much to the delight of everyone. Tess Novak, Shirley Brady, Gweneth Millar, Anne Crippin and Johanna

Van Doodewaard were all delighted. Thank you to staff who go above and beyond to ensure that Myrtleford Lodge is a facility that enjoys such wonderful friendships.





## Activities at Myrtleford Lodge



A huge thankyou to staff member Hugh Clasby who gave up his afternoon to bring in his Harley Davidson motorbike which he has recently modified to now include a side car.

Hugh offered residents the chance to go for a joy ride with him on a perfect sunny autumn day.

The fun and enjoyment had to be witnessed with Residents



commenting on just how much they enjoyed doing something they never thought they would have the opportunity or in some cases the bravery to experience.



## Activities at Myrtleford Lodge



Pictured are just a few of the many residents who enjoyed the experience along with a photo of Marj Moore above and below whose family were delighted that their great nana took a spin in the sidecar of a Harley Davidson.



## 100th Birthday Celebrations

Mary "Polly" Cleeland celebrated her 100th Birthday at Myrtleford Lodge surrounded by her family and friends on Wednesday 10th April.

Polly as she is affectionately known was born in Mansfield to parents Margaret and Mark Evans and raised on the family farm "River Glen" at Lima South as one of eight children.

Polly married Jack Cleeland in August 1953 and they settled in Myrtleford where Polly enjoyed scoring and watching Jack play cricket, Polly was also a member of the golf club, however her fondest memories were assisting the Anglican Ladies catering for special occasions including local Weddings.

Polly was known amongst the community for her beautiful cooking, the best sponge cakes, she also enjoyed Dancing, Tennis and also gardening, with Freesias, roses & Daphne amongst her favourite flowers.

Polly received many cards and flowers of congratulations, including cards from the Queen and the Australian Governor General.



## Birthday Breakfast

Pictured are Residents who celebrated birthdays during April at the Birthday Breakfast in their honour.



Diversional therapy staff served a delicious cooked breakfast of eggs, tomato, bacon and sausages.

## May Birthdays

2nd May ~ Kathleen Evans

4th May ~ Irma Peruzzo

8th May ~ Brian Jordan

10th May ~ Gwyneth Millar

15th May ~ Morris Gaylard

17th May ~ Judy Wayth

21st May ~ Jack Hewitt

31st May ~ Margaret Oakley

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





## Physiotherapy at Myrtleford Lodge



Myrtleford Lodge Residents enjoy morning exercises with the Diversional therapy staff each day, on Tuesday and Wednesday mornings Flexout Physiotherapists put the Residents through a circuit designed specifically to their needs. Physiotherapist Cassie Crafter from Flexout Physio has noticed an improvement in the flexibility and strength in all participants in the program. Pictured is Dawn Arbuthnot lifting weights, Bill Naughton using the hand rail and Pat Hogg using leg weights.

## Food Safety

As the organisation provides food to vulnerable people the catering service is classified as a Class 1 Food Premise and is registered as such with the local council.

We ask that Resident Representatives assist us to comply with the Food Safety Program;

- Food should be kept at an acceptable temperature by bringing it in a suitable container such as; insulated bag ± an ice brick or a thermos flask.
- Foods of *high risk* such as, poultry, fish, dairy products, meat, eggs, rice brought in by the resident or relatives / friends must be consumed at the time of being brought to the facility. **Staff must not store these food items or reheat them.**
- Food of low risk such as, biscuits, unfilled cakes, fruit are acceptable to be stored in sealed containers in the residents' rooms and served.

A Register of Food Donated /Brought to the Facility  
(27.2.3) is maintained.

Food brought by families or visitors must not be given to other residents not only because of the food safety requirements but because the resident may have an allergy or a medical condition that may prevent them from eating the food including the possibility that they may choke.

Residents/Representatives are reminded that access to the Kitchen is by authorized Catering Staff only.

Should you wish to access anything from the kitchen, please knock on the door and ask catering staff to assist you.

## A note from the Administration Desk

### Mobile Polling Booth:

The Australian Electoral Commission will conduct a mobile polling station at Myrtleford Lodge for the convenience of Residents who are on the Electoral roll;

Monday 6th May 09.00am to 12.30pm & 12.30pm to 4.30pm.

### 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.

The Director of Nursing and Deputy Director of Nursing have an open door policy for Residents and Representatives to discuss any areas of concerns that you may have, please don't hesitate to ask to speak to either Marita or Amanda.

### Monthly Newsletters:

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.

BentleyWood has a "Tips for visitors" pamphlet at reception that includes information for new visitors to the facility. Please ensure that you sign the visitors book when entering and exiting the facility so that we are aware of who is visiting the facility should an emergency situation arise.

*Wishing you all a very Happy Mothers  
Day.*

