

Welcome to the February edition of;
"On the Grapevine"
The Myrtleford Lodge Residents & Representatives
Monthly Newsletter



*A bell is no bell 'til
you ring it,
A song is no song
'til you sing it,
And love in your
heart
Wasn't put there
to stay -
Love isn't love
'Til you give it
away.*

*Oscar Hammerstein,
"Sound of Music"*





Special Events Calendar



11th February ~ Rosemary Bunge P12 College with Dr Annie Gowing Phd Master of Education, to meet and discuss the benefits of the Intergeneration Learning model.



11th February ~ Residents/Representative Meeting

12th February ~ Birthday Breakfast

13th February ~ Country Drive



14th February ~ Valentines Day ~ Happy hour

17th February ~ Pampering afternoon

25th February ~ Country Drive

26th February ~ Local lunch outing

29th February ~ Leap year.



leap year (also known as an **intercalary year** or **bissextile year**) is a calendar year containing an additional day added to keep the calendar year synchronized with the astronomical or seasonal year. Because seasons and astronomical events do not repeat in a whole number of days, calendars that have the same number of days in each year drift over time with respect to the event that the year is supposed to track. By inserting (also called intercalating) an additional day, the drift can be corrected. A year that is not a leap year is called a common year.

Additional activities are included on the daily calendar located in the dining room and activities area.

Should you have further ideas for additional activities, please either speak to the activities staff or come along to the Residents/Representatives Meeting, we would love to hear your ideas.



Antimicrobial Stewardship:

What it means for you:

1. A resident with a life-threatening condition due to a suspected bacterial infection receives prompt antibiotic treatment without waiting for the results of investigations.
2. A resident with a suspected bacterial infection has samples taken for microbiology testing as clinically indicated, preferably before starting antibiotic treatment.
3. A resident with a suspected infection, and/or their carer, receives information on their health condition and treatment options in a format and language that they can understand.
4. When a resident is prescribed antibiotics, whether empirical or directed, this is done in accordance with the current version of the *Therapeutic Guidelines*. This is also guided by the resident's clinical condition and/or the results of microbiology testing.
5. When a resident is prescribed antibiotics, information about when, how and for how long to take them, as well as potential side effects and a review plan, is discussed with the resident and/or their carer.
6. When a resident is prescribed antibiotics, the reason, drug name, dose, route of administration, intended duration and review plan is documented in the resident's health record.



7. A resident who is treated with broad-spectrum antibiotics has the treatment reviewed and, if indicated, switched to treatment with a narrow-spectrum antibiotic. This is guided by the resident's clinical condition and the results of microbiology tests.
8. If investigations are conducted for a suspected bacterial infection, the responsible clinician reviews these results in a timely manner (within 24 hours of results being available) and antibiotic therapy is adjusted taking into account the resident's clinical condition and investigation results.
9. If a patient having surgery requires prophylactic antibiotics, the prescription is made in accordance with the current *Therapeutic Guidelines*¹ and takes into consideration the resident's clinical condition.

Marita Seamer
Director of Nursing
BentleyWood Health & Aged Care Group

Residents/Representatives Meeting

Residents/Representatives meetings are scheduled for the second Tuesday of the month @ 11.30am.

Next meeting; Tuesday 11th February

Residents and Representatives are welcome to attend, the meeting is a great forum to discuss any concerns or issues along with bringing ideas for improvement or ideas for additional activities.



Activities at Myrtleford Lodge

Residents enjoy and continue to engage in many daily activities many of which are not planned and part of the monthly calendar. Residents are encouraged to access the board games, CD's, DVD's, or take a walk outside, enjoy the gazebo to read a book or the newspaper or play a game of pool together as David Draper and Rick Richter pictured often do.



Myrtleford Lodge also have Netflix, should you wish to watch one of the programs, please don't hesitate to ask staff to assist you.

The kiosk at Myrtleford Lodge is also well stocked with an assortment of items that Residents may purchase, the Lodge bus also takes Residents to do some local shopping each Thursday morning. Thankyou to Peter Robertson who has been assisting with the kiosk.



Activities at Myrtleford Lodge

Myrtleford Lodge Residents were delighted to enjoy some entertainment provided to us by two ladies who thought that we may all enjoy some music as a distraction from the Bushfire Emergency being confined on many days to indoors because of the thick smoke.

Fran Bailey's daughter Julie provided an afternoon of



enjoyment listening to her delightful vocals, Julie is well renowned for her talent and is always welcomed and enjoyed.

Kathy O'Brien a former local Myrtleford resident was in the area and came in to ask if she could provide a distraction for

us all with her entertainment. Kathy was very interactive with many requests taken, Rich Richter also joined in with a solo performance which we all thoroughly enjoyed.

We thank both ladies for their thoughtfulness and time.



Activities at Myrtleford Lodge

Thankyou to Lexi Piazza who brought in her new little puppy roxy, a ten week old Jack Russell to meet us all. Morrie Gaylard and Shirley Brady were pictured with Roxy who seemed to enjoy her first visit to us.



Australia Day Flowers

Thankyou to Isabel Robertson who put together some beautiful floral displays using Australian natives as part of our Australia Day celebrations.





February Birthdays

4th February ~ Isabel Robertson

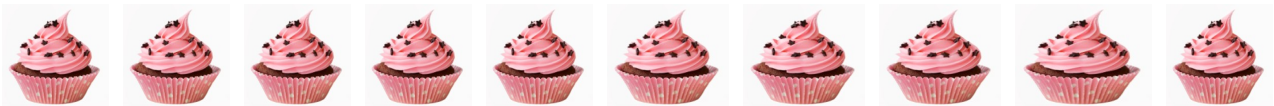
13th February ~ Yvonne Sutton

16th February ~ Cecelia Sgariglia

19th February ~ David Draper



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



90 Years young

Congratulations to Marj Moore who celebrated her 90th Birthday at Myrtleford Lodge with her family on January 29th.

Brian Hays also celebrated a Birthday and our Monthly

Birthday breakfast group continues to be very much enjoyed. Everyone enjoys to be spoilt so why not on your birthday.



Activities at Myrtleford Lodge



Eva Meier and Anne Crippin enjoyed a pat and cuddle.



Thankyou also to Steph Lewis one of our very dedicated Nurses, Steph brought in her dear little puppy for another visit, much to the delight of everyone.

Marie Thatcher,



In Loving Memory of;

Edward "Ted" Fenn

28/09/1932 ~ 13/01/2020

&

Beverly Allan

21/10/1941 ~ 15/01/2020

Myrtleford Lodge Residents & Staff extend sincere condolences to the family & friends of both Ted & Bev.

May they both rest in eternal peace



Communication tips for the Hard of hearing

Face to Face:

It is really important to face the person you want to hear/ talk to, and to keep your face clear of hands and obstacles. This will give as much sound from the speaker's voice as possible, as well as conversational clues from the person's expression and lip movement.

Speak Clearly:

Take the time to say things clearly, this may mean you need to speak slower, but this allows the individual listening to make sense of anything they may have missed.

Reduce Background noise:

Where possible turn down the TV, radio, or move to a quieter part of the room, as this allows you to hear more of the softer sounds in conversation.

Rephrase and Recycle:

If you are not being heard by a person hard of hearing, repeat your information in a different way, emphasising the key information. If you are hard of hearing let the person know what you did catch and ask for what is missing.

Good Light:

It is easier to see a person's face if the light is good, but be sure that it is not in the eyes of the hard of hearing individual.

Establish Empathy with Your Audience:

- Be patient if response seems slow.
- Talk to a hard of hearing person, not about him or her to another person.
- Show respect to help build confidence and have a constructive conversation.
- Maintain a sense of humour, stay positive and relaxed.

Tips for the Person with Hearing Loss to Communicate with Hearing People

Set Your Stage:

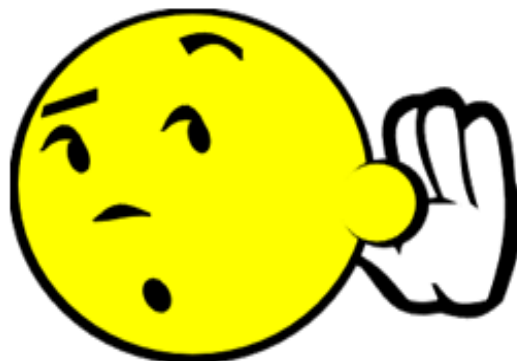
- Tell others how best to talk to you.
- Pick your best spot (light, quiet area, close to speaker).
- Anticipate difficult situations, plan how to minimize them.

Do Your Part:

- Pay attention.
- Concentrate on speaker.
- Look for visual clues.
- Ask for written cues if needed.
- Don't interrupt. Let conversation flow to fill in the blanks and gain more meaning.
- Maintain a sense of humour, stay positive and relaxed.

Establish Empathy with Audience:

- React. Let the speaker know how well he or she is conveying the information.
- Don't bluff. Admit it when you don't understand.
- If too tired to concentrate, ask for discussion later.
- Thank the speaker for trying.



On the Grapevine

Residents/Representatives:

Complaints are encouraged and viewed as an opportunity to improve the care and service we provide to residents and to strengthen our relationship with residents and their representatives and the provision of person-centred care. All key stakeholders have access to Improvement Forms (2.0.1) which are used to identify opportunities to improve, comments and complaints. Complaints are treated in a private and confidential manner. The complaints officer (Director of Nursing) is guided by the complaint handling process.

If residents/representatives would prefer to speak to someone independent of the facility the following services are available.

Aged Care Quality and Safety Commission

This is a free service for **anyone** to raise a concern about the quality of Australian Government funded aged care services.

Tollfree: 1800 951 822

Address: GPO Box 9819

(Your capital city and state/territory)

Online complaints form:

<https://www.agedcarequality.gov.au>

Elder Rights Advocacy (Victoria)

This is a free and confidential service promoting the rights of people receiving aged care services

Telephone: (03) 9602 3066

Tollfree: 1800 700 600

Email: era@era.asn.au

Source: Complaint Handling Procedure no. 2.7 Updated: 2/1/2019

Gifts; Myrtleford Lodge have policies and procedures in place to ensure that staff understand what gifts they can and cannot accept (small tokens such as, a box of chocolates are acceptable),

Accepting gifts or money from residents or their family is not appropriate and is to be declared to Management.

We encourage all families to have a conversation regarding gifting to ensure that Residents understand the implications for staff.

On the Grapevine

My Country

The love of field and coppice ,Of green and shaded lanes,
Of ordered woods and gardens is running in your veins.
Strong love of grey-blue distance, Brown streams and soft, dim skies
I know, but cannot share it, My love is otherwise.

I love a sunburnt country, A land of sweeping plains,
Of ragged mountain ranges, Of droughts and flooding rains.
I love her far horizons, I love her jewel-sea,
Her beauty and her terror the wide brown land for me!

The stark white ring-barked forests, All tragic to the moon,
The sapphire-misted mountains, the hot gold hush of noon,
Green tangle of the brushes where lithe lianas coil,
And orchids deck the tree-tops, and ferns the warm dark soil.

Core of my heart, my country! her pitiless blue sky,
When, sick at heart, around us we see the cattle die
But then the grey clouds gather, and we can bless again
The drumming of an army, The steady soaking rain.

Core of my heart, my country! Land of the rainbow gold,
For flood and fire and famine she pays us back threefold.
Over the thirsty paddocks, Watch, after many days,
The filmy veil of greenness that thickens as we gaze ...

An opal-hearted country, A wilful, lavish land
All you who have not loved her, You will not understand
though Earth holds many splendours, Wherever I may die,
I know to what brown country My homing thoughts will fly.

Dorothea Mackellar

