

Welcome to the March Edition of  
“On the Grapevine “  
The Myrtleford Lodge Residents/  
Representatives Monthly Newsletter



An Irish friendship wish;  
May your purse always hold a coin  
May the sun always shine on your windowpane  
May a rainbow be certain to follow each rain  
May the hand of a friend always be near you  
May love fill your heart with gladness to cheer you.

Happy St Patricks Day. March 17th



Special Events this month



1st March ~ Autumn commences.

Myrtleford Festival

March 5th – 9th

*Back to the 60's theme.*

Festival Princesses to visit Myrtleford Lodge on Saturday March 7th @2pm

Festival program available from Reception, many community activities including, markets, photo exhibitions, walks, music and much more including the Gala Parade from 5pm Sunday 8th March.

*" We Plant, We Grow, We Harvest"*

International Women's Day ~ March 8th;

Is a global day celebrating the social, economic, cultural and political achievements of women around the world.



### 9th March ~ Labour Day Public Holiday

Is an annual holiday to celebrate the achievements of workers. Labour Day has its origins in the labour union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.

### 10th March ~ Residents and Representatives Meeting

### 10th March ~ Laughter group

### 11th March ~ Birthday Breakfast

### 12th March ~ Afternoon Tea outing to Yackandandah

### 17th March ~ St Patricks Day



Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland



*“Luck is being in the right place at the right time,  
Planning is identifying that place and time.”*

### 17th March ~ Random acts of Kindness Day

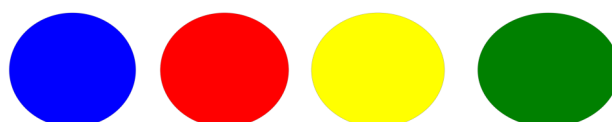
### 20th March ~ Happy hour

### 23rd March ~ Mystery Guest speaker

### 25th March ~ Lunch outing

Many additional activities are listed on the daily calendar including, cooking group, bus drives, bingo, scrabble, music trivia, art classes and much more.

Residents are encouraged and welcome to let us know of any additional ideas that you would like to see included on the calendar as your input is invaluable to the program.



## My story so far; Elizabeth Walpole

Elizabeth Mary Walpole, affectionately known as Beth was born on 13th July 1929, Beth was the second of three children born to Bert and Nancy Walpole, Beth enjoyed growing up with both an older and younger brother enjoying a wonderful childhood on the family farm in Whorouly.

Beth was schooled at Whorouly South primary prior to attending boarding school in Melbourne where she completed her schooling to the 12th standard. As Beth then decided to attend university to study psychology, she was to complete a further subject, a language which she was permitted to study French at Wangaratta High.

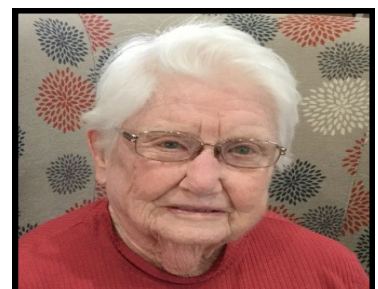
Beth returned home to the family farm for holidays during her boarding and university days which had then moved from mixed farming, sheep farming mostly, to dairy farming. Beth spent her days assisting the hand milking in the bark covered sheds, the family employed a sharefarmer who worked in the farms main milking shed.

Beth on completion of her studies was to travel to Sholinghur India where she worked with the Presbyterian missionaries for 35 years mainly auditing accounts as the missionaries were trusted with finances.

Beth spent her holidays visiting many different missions owned as part of the Church of South India, each year Beth was to enjoy up to a months break in the hills of India in one of the many complexes owned by the missions.

When Beth was to return home to Australia every 5 years she was given a years leave where she would spend six months as deputation, which was raising support for the missions by way of public speaking and then spending six months on leave, again spending her time catching up with family and friends. After some time the government intervened making it harder to continue to return home for a twelve month period, changing this to 3 months.

Following her work with the mission ,Beth was to return home to Australia to retire in Wangaratta prior to coming to live at Myrtleford Lodge. Thankyou Beth for sharing your memories with us.



## What is Consumer Directed Care:

Consumer Directed Care refers to self directed healthcare in which the consumer is afforded the right to full autonomy in all decision making related to that care. Historically, these care decisions would be made by the care team; however Consumer Directed Care (CDC) empowers the consumer by aiming to enable them to play an active role in their care decisions.

In CDC, the care team's role is to help identify and provide any assistance needed to enable the consumer to make their own decision about their care. The care team may contribute their professional expertise or recommendation; however, the final say ultimately is the consumers.

The consumer also has the right to accept and delegate as much, or as little of their care decision as they wish.

### Principles of Consumer Directed Care:

1. Consumer choice and control
2. Rights.
3. Respectful and balance partnerships
4. Participation
5. Wellness and reablement
6. Transparency.



The Consumer Directed care model has been mandated for home care packages in Australia, however there is currently no specific date for residential aged care providers to implement consumer directed care.

However the accreditation standards: Standard 1 states:

I am treated with dignity maintain my identity. I choices about my care the life I choose.



and respect, and can can make informed and services and live

This requirement recognises that making decision about life and having those decisions respected is an essential right of each consumer. This principle means as much as possible that decisions are made by consumers themselves and is fully supported by Bentley Wood Aged Care.

Monthly Consumer of the day reviews are conducted with consumer/representative consultation to assess and determine the current agreed care needs. All assessments conducted ask the resident their preference for care, meals, activities which are translated to an individualised care plan. Monthly consumer meetings are conducted; surveys are conducted to obtain feedback from consumers as well as access to improvement forms for suggestions, complaints and compliments.

The Charter of rights is signed on admission and practiced throughout everyday care.

If you have any concerns you would like to discuss with regards to your care and services, please speak to a staff member and we will endeavour to address your concern.

Marita Seamer - Director of Nursing



### From the Quality Desk

The National Aged Care Mandatory Quality Indicator Program and all Commonwealth subsidised residential aged care services must measure, monitor and report on three clinical quality indicators.

These indicators are:

Pressure injuries

Use of physical restraint

Unplanned weight loss

These areas can all have serious and potentially catastrophic impacts on the physical, mental, emotional and spiritual health for residents. Monitoring and measuring performance in these areas is vital to support residents to receive a good quality of care and quality of life within a framework of continuous improvement.

A Quality Indicator (QI) is usually calculated as a rate by counting how often an event (for example, physical restraint) occurs over a period of time in each residential facility.

Every three months residential facilities are required to collect and submit QI data to the Australian Government Department of Health (the department), which processes the data and generates a report about the indicators. Data will need to be provided for the 1 July 2019 to 30 September 2019 quarter, and for subsequent quarters.

Source: Australian Government, Department of Health.

Accessed 20/02/2020

#### Improvement Forms

Myrtleford Lodge welcome your feedback should you have a Suggestion, Complaint or Compliment.

Forms are available near the Front Reception or alternatively ask one of our staff members to assist you.

### Activities at Myrtleford Lodge

All things valentine was happening at Myrtleford Lodge on the 14th of February, decorations were in place, flowers were delivered and we all enjoyed an afternoon get together to celebrate love and friendship. Ingrid Lein was lucky enough to have received flowers from her son which she certainly cherished.



Silvia Cabai, Brian Jordan and Cecelia Sgariglia were photographed enjoying the afternoon with friends.







### March Birthdays

1st March ~ Lyn King

8th March ~ Leonard Horton

14th March ~ Frances Bailey



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



Pictured is Yvonne Sutton one of the Residents who enjoyed an afternoon tea in her honour at Myrtleford Lodge in celebration of her recent Birthday.

The “Smoothie Cafe” was again open for business with this group of ladies enjoying a smoothie of their choice made to order.



The Ovens Hotel was the luncheon outing choice this past month with Residents enjoying the chance to board the bus for a country drive followed by lunch together.

### Activities at Myrtleford Lodge

Myrtleford Lodge are fortunate to receive visitors as part of the Community Visitors Scheme, the scheme involves a community member to visit a designated resident on a regular basis for the purpose of friendship and companionship in the residents own home.

Myrtleford Lodge welcome Angela Isherwood pictured with Ingrid Lein, Ingrid and Angela enjoyed an afternoon of socializing together,



doing some needlework prior to attending the afternoon entertainment provided by Tony Houseman.

Pictured below is the large gathering of both Residents and community members who come together for Mass. Community Catholic Mass is now held at Myrtleford Lodge twice per month.

Anglican services will also recommence with Anglican parishioner Alan Garcide to preside over the service in the interim of an Anglican priest being appointed to the diocese.

Dates for all services are listed on the monthly calendar of events.





## Activities at Myrtleford Lodge

Myrtleford Lodge Residents and Staff have welcomed new Residents and their families to Myrtleford Lodge recently;

Nellie Biffin ~ Carmelo Ferrara

Jean Harris ~ Jill Weight

We hope that you are all starting to settle into your new surrounds and are feeling welcomed and supported. Please don't hesitate to speak with a staff member should you have any queries.

# Welcome new friends



Indoor bowls continues to be a popular activity for many Residents, Tony Baldori was one of the champion bowlers this past week.



The weather this past week has been beautiful with Residents enjoying spending more time outdoors. Jill Weight enjoyed a visit from her family, enjoying coffee and cake together.

## Tamiflu Guidance

A summary of the risks and benefits of Tamiflu

### **Adverse Events:**

nausea (increase by 60%), vomiting (increase by 240%), headache. Sometimes confusion.

### **Recommendations:**

Ideally should be administered within 48 hrs of symptom onset, without waiting for diagnostic confirmation.

### **Benefits of treatment:**

1. 37% lower chance of hospitalisation
2. 50% less chance of needing anti-biotics for secondary bacterial infection
3. Average recovery time: 4 days, instead of 5 days. One less day.

If administered 3-5 days after symptom onset, duration of symptoms are reduced by <1 day.

**Meta-analysis of paediatric patients:** reduced symptoms by 17 hrs in all patients, and 30 hrs in patients without asthma

### **Chemoprophylaxis:**

70-90% in preventing infection. Once daily dosing for 2 weeks, and 1 week after diagnosis of last known case. Recommended even in those who have been vaccinated.

**Cost: ??**

**Dose:**

Renal (CrCl)	Treatment	Chemoprophylaxis
CrCl >60	75mg BD for 5 days	75mg daily for 2 weeks, and 1 week after diagnosis of last known case
CrCl 31-60	30mg BD for 5 days	30mg daily with the above duration
CrCl 11-30	30mg daily for 5 days	30mg every alternate day

**Sources:**

Influenza Antiviral Medications: Summary for Clinicians (CDC guidance)  
<https://www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm> (accessed 17 Feb 2020)

Oseltamivir treatment for influenza in adults: a meta-analysis of randomised controlled trials. (Lancet 2015)

Efficacy and Safety of Oseltamivir in Children: Systematic Review and Individual Patient Data Meta-analysis of Randomized Controlled Trials (2017)

Prepared by: Dr James S Wei  
Standish Street Surgery Myrtleford Vic 3737

Updated: 17/02/2020

An information forum has been organized for all Residents and Representatives on;

**Friday March 6th**

**Myrtleford Lodge Training Room 9.30am**

to be facilitated by Dr James Wei from Standish Street Surgery

Myrtleford Lodge will be seeking consent that in the event you are diagnosed with suspected or confirmed case of Influenza you consent to the administration of Tamiflu as prescribed by the treating doctor.

Consent forms to administer are available and will be sent to all Residents and Representatives, forms will also be available at the information forum and Administration.

The Residents annual Influenza vaccine; date for early May to be confirmed with Standish Street Surgery.



## ***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 who is in the facility. Thankyou for your cooperation.

### Fundraising Thankyou:

Thankyou to everyone who contributed to our collection of 5 and 10 cent pieces over the past few months, we have sent these to Sally and Martin Peet of Wandiligong who will be travelling to Vanuatu to complete their latest project of building a toilet block and nurse quarters for use by women following childbirth, these women will be able to have a hot shower and receive support and care , every little bit helps, we raised just on \$100.00.

### Pick up /Drop off Zone:

Our Residents Representatives are also reminded to please use the front portico as a drop off/pick up zone only as on a number of instances we have had emergency service vehicles and our Residents Bus having to park elsewhere.

Visitors car parking is available in the car park to the left as you enter the facility grounds as well as to your immediate right along the side of the building.

Two car parks adjacent to the front portico are for disabled / elderly parking only with Staff Parking only past this point.

We thankyou for your cooperation.

### Newsletters and Calendars of events:

Newsletters and Calendars of daily events are distributed throughout the facility however if you would like to receive the Newsletter by email, please advise Administration Staff of your email address or alternatively send an email to;

[admin@myrtlefordlodge.com.au](mailto:admin@myrtlefordlodge.com.au)

and we will happily add you to our contacts list., alternatively the Newsletter can be viewed on our Website;

[www.bentleywoodpl.com.au](http://www.bentleywoodpl.com.au)

