



Welcome to the Myrtleford Lodge
Residents & Representatives Newsletter
April Edition

Lest we forget

ANZAC DAY

25th April

*They shall not grow old
As we that are left grow old
Age shall not weary them,
nor the years condemn
At the going down of the sun
And in the morning
We will remember them*

Covid 19:

Bentley Wood is adhering to all the guidelines and advice provided by Government and the Department of Health. (*Coronavirus Disease 2019 (COVID-19) Outbreaks in Residential Care Facilities guidelines*).

Managing a COVID-19 outbreak (suspected or confirmed) effectively requires a number of required actions. The guidelines are designed to assist Residential Aged Care facilities (RACF) to plan, prepare, detect and respond to COVID-19 outbreaks in their facility.

While all respiratory viruses can cause outbreaks and significant morbidity and mortality, COVID-19 is acknowledged as a significant health risk, particularly for the elderly and individuals with co-morbidities or low immunity.

The guidelines are assisting us to manage all types of respiratory outbreaks, but the focus is predominantly on COVID-19.

The primary responsibility of managing COVID-19 outbreaks lies with the aged care facility, within their responsibilities for resident care and infection control. Bentley Wood has access to infection control expertise, and an outbreak management plan in place.

COVID-19 is a contagious viral infection that generally causes respiratory illness in humans. Presentation can range from no symptoms (asymptomatic) to severe illness with potentially life-threatening complications, including pneumonia.

COVID-19 is spread by contact with respiratory secretions.

The safety and well-being of clients and community members is always our priority.

Due to the highly contagious nature of the COVID-19 virus and the increased vulnerability of our consumers, we've decided to take firm measures to try and stop it from entering our facilities and harming clients.

From 18th March 2020 Bentley Wood Aged Care facilities will be in 'preventative lockdown'.

This means:

- Bentley Wood residences will not be allowing casual and non-essential access (which includes families, friends, school groups etc).

- Visits from essential services such as GPs and allied health providers will continue (we are planning to provide 'telehealth' services with clinicians wherever possible and clinically supported).
- All internal lifestyle programs in each residence will continue whilst those residences remain free of the Coronavirus pandemic.

We remain compliant with the Australian Government Quality and Aged Care Standards on infection control and review Department of Health and WHO advice regularly.

Education for staff, residents and their families has been vital to inform them of the importance of preventing an outbreak and to manage the potential occurrence for ongoing transmission.

Prompt and clear information has been provided to residents and families regarding the outbreak including respiratory hygiene and cough etiquette, hand hygiene and restrictions on visitation.

Correspondence has been delivered through signage, phone calls, letters and SMS messages to try and keep you all well informed.

Staff have been informed, and supported, to exclude themselves from work when they have any kind of respiratory illness and to notify the facility if they were confirmed to have COVID-19.

Topics that have been covered in the education program are:

- Symptoms and signs of COVID-19
- Exposure risk for COVID-19, including international travel
- Personal hygiene, particularly hand hygiene, sneeze and cough etiquette
- Appropriate use of PPE such as gloves, gowns, eye protection and masks
- Actions on experiencing symptoms of COVID-19 (do not work)
- Environmental cleaning

There is currently no vaccination to prevent COVID-19. Avoidance of exposure is the single most important measure for preventing COVID-19 in RCF.

We are also working at ensuring you have access to contacting your resident through a number of social media platforms. Details are provided in the newsletter.

If you have any concerns or questions, do not hesitate to contact us or should you require further information regarding COVID-19, please refer to the Commonwealth Department of Health website:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

We will continue to communicate with you regularly as the situation unfolds and thank you for your patience during these challenging times. Stay safe.

Marita Seamer. Director of Nursing

RESTRICTIONS ON ENTRY INTO AGED CARE FACILITIES – INFLUENZA VACCINATIONS

All states and territories have released directions that set out specific requirements with regard to entry into and visitors to residential aged care facilities. The directions set out specific requirements in relation to influenza vaccinations.

Specifically, the requirements set out that individuals must not enter or remain on the premises of a residential aged care facility if the person does not have an up-to-date (i.e. 2020) vaccination against influenza. Residential aged care providers should work to have all staff vaccinated prior to 1 May 2020.

Aged care providers are required to take all reasonable steps to ensure that a person does not enter or remain on the premises if they do not meet the influenza vaccination (and other) requirements set out in the relevant state and territory directions. This applies to staff, visitors, health practitioners, volunteers and others.

Staff and visitors who refuse flu vaccination will no longer be able to enter Nursing homes:

One of the greatest defences that providers have against the spread of influenza is vaccinations.

Although aged care providers have previously been asked to keep records of staff and volunteers who received influenza vaccinations every year, they did not have the power to stand-down staff members who were not vaccinated against the flu – until now.

From 1 May 2020, anyone entering a residential aged care facility will be required to provide appropriate evidence of flu vaccination.

The Department of Health revealed the kind of evidence that visitors and aged care staff members will need to provide.

“Residential aged care providers should seek appropriate evidence of immunisation status from individuals seeking to enter the service.

“Appropriate evidence may be a statement or record from a health practitioner, or an immunisation history statement available from Medicare Online or the Express Plus Medicare mobile app.

“Each state and territory requires that persons must not enter or remain on premises of residential aged care facilities if they do not have an up-to-date (ie. 2020) vaccination against influenza, if such a vaccination is available to them.”

“Tasmania and New South Wales do allow some exemptions to these requirements. Residential aged care providers may otherwise need to redeploy staff that are not able to be vaccinated.”

With all of this focus on the vaccination of both staff and visitors to aged care homes, it's important to note that while residents are encouraged to get flu vaccinations, they do still have the right to refuse.

Activities at Myrtleford Lodge



Residents enjoyed the Myrtleford Festival parade from the comfort of the Alpine Spirit bus who once again this year assisted to transport Residents to and from the showgrounds.

Thankyou also to Margherita Keens who assisted staff and Residents on the outing.



Betty Forbes, Laurel and Arthur Quonoey, Yvonne Sutton, Teresina Nero, Kath Evans, Brian Jordan, Dawn Arbuthnot, Francesca Crispo and David Draper were just some of the many who boarded the bus, much enjoyment was had by all.



Activities at Myrtleford Lodge



Pictured is David Draper who has been keeping us all entertained during these challenging times. David has been running art classes as well as providing musical entertainment.

Recently the P-12 College sent Residents letters and drawings to wish us well as they can no longer visit us in person, David replied to each and everyone of the

students letters on behalf of all of us at Myrtleford Lodge, thankyou David you are such a beautiful man, we appreciate all that you do for us all.



Early in the month we were also fortunate to have received a visit from our littlest community members who enjoyed story time at Myrtleford Lodge.

Activities at Myrtleford Lodge

The autumn weather has been glorious this past week and the activities program has ensured that everyone is making the most of the sunshine with gardening and morning and afternoon tea's enjoyed out in the courtyards.



This group of gardeners have been busily tending the gardens and replanting the wheelbarrows with some annuals that are sure to be tended to with loving care and bring some colour in the coming weeks as they bloom.



Thank you to Maureen and Billy Culane who dropped off some fertilizer and soil for our use.

Activities at Myrtleford Lodge



Pictured are the large gatherings of Residents to our courtyard areas to enjoy afternoon tea and friendship.



St Patricks day was celebrated with all things Irish, Pam Bleesdale delighted us with her costume.

The story of this photo goes that Sarah and Skye are teaching Nellie to knit.....really girls?



April Birthdays at Myrtleford Lodge

2nd April ~ Don Cunnington

8th April ~ Dawn Arbuthnot

13th April ~ Ivan Jelinic

14th April ~ Audrey Farrar,

19th April ~ Tess Novak

23rd April ~ Rosina Perri

24th April ~ Don Arnold

Myrtleford Lodge Residents and Staff wish you all a very Happy Birthday, best wishes for a lovely day.



Fran Bailey enjoyed her 80th Birthday with family in early March, they enjoyed an afternoon tea complete with a glass of champagne to mark the occasion.

Many Happy returns Fran.

Special Events Calendar

1st April ~ Pamper afternoon

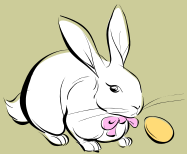
2nd April ~ Music with David

3rd April ~ Happy hour

~ Influenza Injection clinic

5th April ~ End of Daylight Savings(clocks turn back 1 hour)

8th April ~ Birthday Breakfast



Easter Celebrations

10th April ~ Good Friday

11th April ~ Easter Saturday

12th April ~ Easter Sunday. Buona Pasqua

13th April ~ Easter Monday

14th April ~ Residents Meeting

16th April ~ Music Trivia



25th April ~ ANZAC day

Lest we forget

20th April ~ Smoothie Cafe open

30th April ~ Pamper afternoon

Activities at Myrtleford Lodge



Myrtleford Lodge were fortunate to again host the festival princesses and their partners which is an annual event enjoyed by all of us as we get to meet each one of these young ambassadors of the local festival.



Maria Degrazia, Teresina Nero, Dawn Arbuthnot, Judy Johnson and Arthur and Laurel Quonoey were just some of the Residents who enjoyed the introduction and presentation of the princesses.



Hand washing should be part of everyone's daily routine especially:

- Before eating or handling food;
- After using the toilet;
- After blowing your nose, coughing or sneezing;
- After touching animals or animal waste;
- After handling rubbish;

Il lavaggio delle mani dovrebbe essere parte della routine quotidiana di tutti in particolare:

- Prima di mangiare o maneggiare il cibo;
- Dopo aver usato la toilette;
- Dopo aver soffiato il naso, tosse o starnuti;
- Dopo aver toccato animali o rifiuti animali;
- Dopo aver maneggiato la spazzatura;



How to use Hand Sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds

Come utilizzare Hand Sanitizer

- Applicare il prodotto gel sul palmo di una mano (leggi l'etichetta per imparare la quantità corretta).
- Strofinare le mani insieme.
- Strofinare il gel su tutte le superfici delle mani e delle dita fino a quando le mani sono asciutte. Questo dovrebbe richiedere circa 20 secondi

On the Grapevine

Bentley Wood Access to residents:

Access to **SKYPE**. **Commencing 2/4/2020**

Computers have been setup for residents use and we have a Skype account., additional accounts will be added as the volume of calls increase.

Computer 1: The Skype contact name is: myrtleford5

Myrtleford Lodge has also signed up to **Zoom**, **this** is a cloud-based video conferencing service you can use to virtually meet with others - either by video or audio-only or both, all while conducting live chats

We are also setting up **face time** for you to access on the IPAD but encourage you all to continue calling the residents on their individual phones to maintain contact.

We are unable to tie up the dect phones we use for emergencies and call bells and therefore cannot transfer calls through to residents unless it is deemed essential by the DON/DDON

Obviously the staff are extremely busy providing care but we will make time from 1pm to 3pm Monday to Friday for you to access Skype and face time. Can you please call ahead to schedule a time so we can have the resident ready. Calls will be limited to 10 minutes only so all have access and can only be limited to weekly per resident.

We are allowing very restricted visits to residents, however you are not permitted to enter the facility, these will be held outside and you must maintain social distancing rules and other rules as dictated by the Government, which is to stay at home. If you would like to arrange a visit this needs to be approved by the Director of Nursing /Deputy Director of Nursing only and will be approved on a case by case basis during business hours.

Please be assured, on compassionate grounds you will be able to visit your loved one and this will be coordinated by the DON/DDON.

As you can appreciate we are extremely busy ensuring residents and staff are safe and all their care needs are being attended to, so we ask you to be patient and we will endeavour to ensure you maintain some contact during this difficult time.

If you have any concerns please contact Marita – Director of Nursing or Amanda – Deputy Director of Nursing to discuss.

Please continue to access government and Department of Health advice to stay informed.

Marita Seamer

On the Grapevine

Myrtleford Lodge wish everyone Happy Easter, may you and your family stay safe and well.

Buona Pasqua



Happy Easter

