

**During these challenging times, can we all take the time to be kind to each other, support each other and see the positive effort everyone is making.**

**Staff are working really hard to ensure the residents stay safe and we appreciate if representatives could be patient and understanding during these challenging times.**

**We understand your frustrations, however we are working to ensure all residents have contact with families and representatives.**

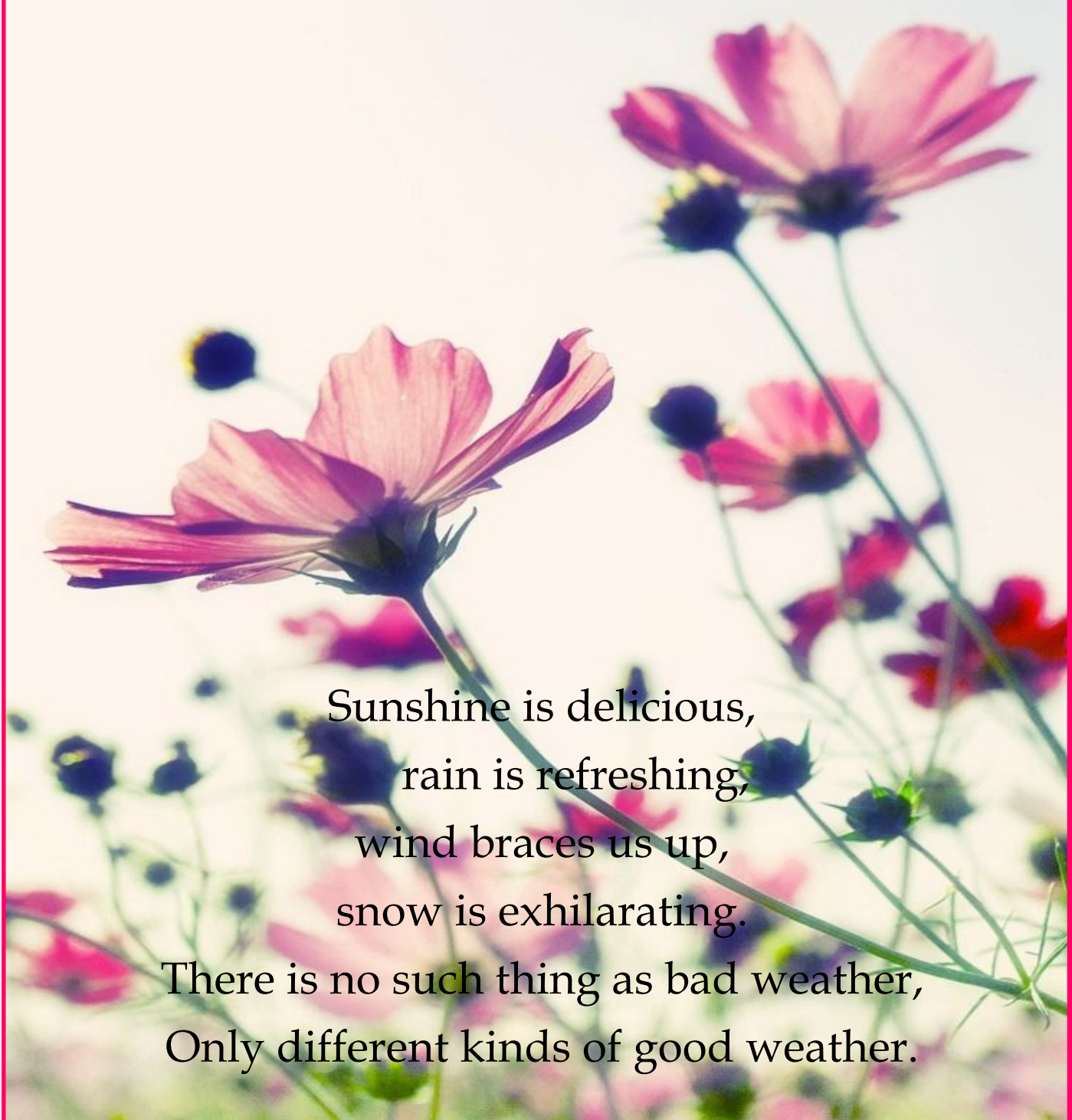
**Residents are reporting they feel safe at Myrtleford Lodge and happy with the arrangements we have implemented.**

**We are comforted by this and will continue to provide support to all.**

**Marita Seamer. Director of Nursing**



Welcome to the July Edition of;  
“ On the grapevine”,  
The Myrtleford Lodge Residents  
& Representatives Monthly Newsletter.



Sunshine is delicious,  
rain is refreshing,  
wind braces us up,  
snow is exhilarating.

There is no such thing as bad weather,  
Only different kinds of good weather.

During the Covid Restrictions, Bentley Wood Aged Care facilities staff have been working hard to ensure all consumers are engaged and connected during the pandemic. All staff have had input into the activities we can offer and come up with innovative ways to ensure consumers are supported to connect with families and representatives as well as engaged whilst restrictions are in place.

Below is a list of some activities we have undertaken recently as a result of Covid 19, however not exhaustive as day to day suggestions are incorporated into the program and it will continue to remain flexible dependent on weather, resident and staff input.

Vegetable patch cleared for consumers to plant anew.

Garden beds sorted and replanted encouraging residents to tend to the garden areas.

Jigsaws set up in the main lounge for all to contribute to.

Special days:

- Biggest afternoon tea
- Barney Banana day
- Mr whippy ice cream day
- Mothers Day celebration afternoon tea
- Cappuccino afternoon tea
- Fire Pit afternoon gathering.
- Queens's Birthday High Tea

Daily exercises extended of a morning due to the cold weather and less likely to leave the facility.

Virtual church services.

Italian mornings

Craft room set up.

Knitting group

Skype, Zoom and Facetime set up, and staff assisting Residents with contact from families and friends. Information has been provided to representatives that this is available.

Staff reading cards and letters to residents.

Pen pals with school.

Staff assisting residents with writing cards and letters.

Staff assisting with phone contact – landline access

Staff are shopping for residents, assisting with residents accounts/ tatts/lotto/ etc – anything they would have done themselves prior to lockdown.

Extra kiosk with staff organisation as volunteers excluded during lockdown.

Hairdressing attended to by staff.

Pampering and beauty days.

Rest assured the feedback from residents is they are not bored, feel supported, still feel connected to family and friends, and feel as though they haven't missed out by keeping mostly to routine, even though restrictions are in place.

If you have any suggestions, we would welcome your input via phone call, email or in person.

Marita Seamer

Director of Nursing



### 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 or contact us by email;

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

### Special events Calendar

1st July ~ Music Trivia

3rd July ~ Happy hour

Come along one and all for an enjoyable social gathering

8th July ~ Birthday Breakfast

8th July ~ Country Drive

9th July ~ Virtual Church Service

14th July ~ Residents Meeting

22nd July ~ Country Drive

27th July ~ Carpet Bowls



Residents are encouraged to bring their ideas for additional activities to the Resident Meeting or alternatively to Diversional Therapy Staff, your ideas are always welcomed.

The monthly calendar of events lists daily activities that everyone is welcome to attend as always, additionally, the activities area has many board games, puzzles and CD's available for all to enjoy.

All outside activities listed are weather permitting, look out for the Country Drives that are occurring on some of these beautiful sunny winter days.



## Activities at Myrtleford Lodge



Residents enjoyed an afternoon of pampering recently, fingernails were cut, manicured and painted by the activities staff after receiving a beautiful hand massage from Gelle.

Pictured is Brian Hays receiving a nice hand massage from Gelle.



## Activities at Myrtleford Lodge



What better way to spend what was a very cold and wet winters day than by the fire with friends. This was how our knitting group enjoyed an afternoon recently.



A new day brings new ideas; Residents enjoyed a Cappaccino for afternoon tea using an old fashioned inspired recipe which was just delicious.

Happy Hour is always an enjoyable activity on the calendar.

Everyone is invited to come along and join in for a social afternoon. Thankyou to David Draper who entertained us with his music.



## Activities at Myrtleford Lodge

Our Cooking group has been very busy during the last month, following on from the Pizza Night they have made soup, biscuits



and have purchased more apples for their now famously delicious Apple Pies.

Pictured are two of the ladies preparing the vegetables, Isabel Robertson and Jill Weight.

Residents were treated to an afternoon of projected card games as shown in the photograph below.

Myrtleford Lodge Residents really enjoyed the afternoon spent learning how to use the projector and were amazed at the technology involved.





### July Birthdays

1st July ~ Beryl Croxford

3rd July ~ Moira Mead

6th July ~ Anne Crippin

10th July ~ Fay Fear

13th July ~ Beth Walpole

19th July ~ Denis Garoni

29th July ~ Shirley Brady



Myrtleford Lodge Residents and Staff wish you all a very Happy Birthday, we hope that you all enjoy your special day.



Pictured are some of our June Birthday celebrations.



## Activities at Myrtleford Lodge

Myrtleford Lodge Craft group ladies were sent a bunch of flowers each from Judy Neumann who until the COVID-19



pandemic was assisting us in a volunteer role with weekly craft.

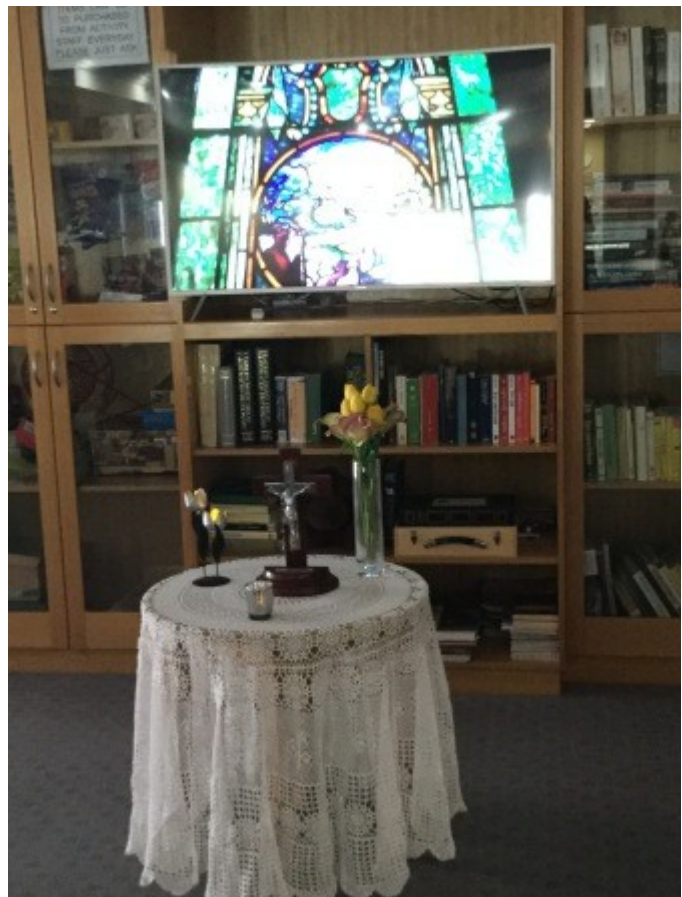
Judy wanted to let the ladies know that she was thinking of us all as we are of her.

Residents are really enjoying the Virtual

Church Services which are being held weekly using one of the Smart TV's.

The church services are for all denominations which is proving to be most successful.

Residents are encouraged to ask staff to assist them should they wish to access any programs; perhaps take a virtual tour of a country that you always wanted to travel to.



International Diabetes week.  
12th to 18th July 2020



Diabetes Australia represents all people affected by all types of diabetes. The aim of the 2020 National Diabetes Week campaign is to raise awareness of the seriousness and prevalence of type 2 diabetes and encourage all Australians to check their risk.

Poor diet and reduced physical activity are putting an estimated 2 million Australians at risk of developing the condition.

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered with the assistance of Diabetes Australia.

The NDSS aims to enhance the capacity of people with diabetes to understand and self-manage their condition. Diabetes Australia also seeks to support people with diabetes by providing timely, reliable and affordable access to NDSS services.

Registration with NDSS is free and open to all Australians who are diagnosed with diabetes.

Diabetes, often referred to by doctors as diabetes mellitus, describes a group of **metabolic diseases** in which the person has high blood glucose (blood sugar), either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both.

Diabetes is not curable. Individuals affected by type I will usually have to take insulin injections for life. Both type I and II are generally treated with **exercise, diet, and sometimes medication**

## ***International Diabetes Week***

You can help reduce your risk of type 2 diabetes by understanding your risk and making changes to your lifestyle. Common risk factors include increased weight, blood pressure, cholesterol and triglyceride (blood fat) levels.

**Manage your weight.** Excess body fat, particularly if stored around the abdomen, can increase the body's resistance to the hormone insulin. This can lead to type 2 diabetes.

**Exercise regularly.** Moderate physical activity on most days of the week helps manage weight, reduce blood glucose levels and may also improve blood pressure and cholesterol.

**Eat a balanced, healthy diet.** Reduce the amount of fat in your diet, especially saturated and trans fats. Eat more fruit, vegetables and high-fibre foods. Cut back on salt.

**Limit your alcohol intake.** Too much alcohol can lead to weight gain and may increase your blood pressure and triglyceride levels.

**Quit smoking.** Smokers are twice as likely to develop diabetes as non-smokers.

**Control your blood pressure.** Most people can do this with regular exercise, a balanced diet and by keeping a healthy weight

Myrtleford Lodge as part of Diabetes awareness week have some NDSS fact sheets available for Residents, Staff and Visitors.

Additional information is available from the National Diabetes Support Services Website:

[ndss.com.au](http://ndss.com.au)

NDSS Helpline: 1800 637 700

## ***A message from the Administration Desk***

Bentley Wood are continuing to allow visitors pre-arranged Monday to Friday with restrictions.

As there is no reception staff on weekends we cannot allow visitors on weekends – unless approved by the DON/DDON prior and on compassionate grounds only.

Visits are not allowed in residents rooms other than special circumstances. An area has been set up for visits to occur.

All visits must be pre booked to allow us time and space to ensure we are maintaining social distancing and infection control practices

PLEASE adhere to social distancing at all times – it is for the protection of residents and staff.

Visitors will be asked to complete a Declaration Form stating they are not experiencing any Flu like symptoms, are not travelling from one of the lockdown postcodes and will adhere to the Infection control guidelines.

If you have any concerns or questions please do not hesitate to contact the Director of Nursing and Deputy Director of Nursing

### Newsletter:

When producing the monthly newsletter, it's lovely to look back on the past month and the many activities that have been enjoyed at Myrtleford Lodge.

Should you wish to gain a copy of the Newsletter, please let Administration Staff know your email address or send an email to;

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

to be included in our contacts list, alternatively our Newsletters can be viewed on the BentleyWood website;

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

Till next month, take care and stay warm.

