

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



This month, I thought I would provide you with information regarding the Covid Vaccine roll out plan:

Covid 19 is a very contagious virus that can cause serious respiratory infection, particularly in older people. Immunisation is a safe and effective way to help protect residents and staff.

People who have a COVID 19 vaccination have a much lower chance of getting sick from the disease called Covid 19.

Residential aged care workers and residents will be among the first people who can choose to receive the vaccine in the first roll-out phase.

Bentley Wood
date for the
however in
signed consent



has not been provided with a
vaccinations to occur,
preparation we require
to be completed by

residents/representatives to be completed within the next 2 weeks.

Decisions by substitute decision makers should take into account the individuals wishes and preference around vaccination.

Residents should be engaged in the decision to have the vaccine.

Contact will have been made with you and if you have not completed consent, please contact the facility to ensure this is done.

Covid 19 vaccine is voluntary; however the Australian Health Protection Principal Committee (AHPPC) strongly encourages Covid 19 vaccination.

All vaccines are thoroughly tested for safety before they are approved for use in Australia.

You can talk to your GP or a health care professional about the Covid 19 vaccine and why vaccination is an important part of keeping the community safe and healthy.

Administration of the vaccine to our facilities will be done through an in-reach Commonwealth vaccination workforce. Workers and residents in residential aged care facilities will receive their vaccination on site.

Most side effects are mild and do not last for long. If any resident has side effects, these will be managed by the staff at the facility as required.

If you are a resident in a residential aged care facility, your decision to have or not have the Covid 19 vaccination will not affect your care or your rights.

Can I have both the Covid 19 vaccine and the annual influenza vaccine?

The AHPPC agrees that all steps should be taken to maximise influenza vaccine coverage amongst the aged care workforce, residents and their carers.

Routine scheduling and administering an influenza vaccine with a Covid 19 vaccine on the same day is not currently recommended. The preferred minimum interval between administration of the Covid 19 vaccine and any influenza vaccine is 14 days. This is the current precautionary advice.

If you require any further information you can access this on the Department of Health's website.

There is a document on Department of Health website titled 'Frequently asked questions - Covid 19 vaccination' that may assist with any questions you have.

health.gov.au/covid19-vaccines

For visitors at Myrtleford Lodge:

Visiting update - there are no limits on the purpose of visits, the number of visitors, or the length of the visit to care facilities.

Excluded from visiting, includes people who have COVID symptoms, close contacts and people who are required to isolate.

No visitors to communal areas. To resident's rooms only and only visit your relative.

Screening will continue and be reminded that masks need to be worn at all times by visitors to Myrtleford Lodge and social distancing strictly adhered.

Just a reminder there are no reception staff after hours so please restrict your phone calls to essential only.

If you need to be contacted in the event your resident condition has changed - the Registered Nurse will call you. This will ensure staff are available to provide care that is needed by the resident after hours.

Please do not visit the Facility if you are feeling unwell.

We thank you for your cooperation and if you have any concerns please contact Myrtleford Lodge.

Marita Seamer - Director of Nursing

Activities at Myrtleford Lodge

Myrtleford Lodge have recently replaced the shade umbrellas with a shade sail in the D Wing courtyard much to the delight of Residents who have been thoroughly enjoying the space for many activities, music trivia and the big ball games were just two of the many activities held under the shade sail recently.



Activities at Myrtleford Lodge

A social afternoon culminating in High Tea to celebrate Valentine's Day and to award prizes to the winners of our colouring competition. Our cooking groups worked hard to provide the beautiful High Tea spread which was thoroughly enjoyed by everyone who participated.



David Draper, our resident artist judged all entries using a criteria with Rosemary Capocasa



judged the overall winner.

Pictured is Rosemary receiving her award from David and her winning entry. Thankyou to everyone who submitted entries and to David for his time in judging each entry.



Activities at Myrtleford Lodge

Exercises are held daily at 10am in the activities area with one of the Diversional Therapists taking residents through an exercise program developed by our Physiotherapists, the program is very well attended and remains one of the most



popular calendar events, together with daily walks our Residents are certainly maintaining their mobility along with increasing their fitness levels.

Bingo is also played regularly, up to two or three times weekly.

Everyone is welcome to come along and join in including beginners as regular participants are willing and happy to assist you.



Activities at Myrtleford Lodge



Myrtleford Lodge welcomed June Sibley during the past month and were delighted to hear her play the piano for us all to enjoy, thank you June, we look forward to hearing more of your music. Happy hour, or as we like to call it "an afternoon social

gathering with friends" occurs every second Friday, with residents coming together to enjoy drinks & nibbles along with some music and on occasion some dancing. Pictured is



Diversional Therapist Hugh Clasby preparing the nibbles.

Afternoons of indoor bowls are also enjoyed, usually with some fierce competition between the bowlers, each Resident competes in a round robin

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

From the Quality Desk

The **Multilingual Older Persons COVID-19 Support Line** has been launched by the Centre for Cultural Diversity in Ageing. It seeks to provide in-language support and information about COVID-19, and referrals to aged care, dementia care and other support services for older Australians from culturally diverse backgrounds. The Australia-wide support line is funded by the Department of Health and will operate until 31 July 2021. All calls are free from 2:00 pm to 5:00 pm AEDT/AEST Monday to Friday (except public holidays). The phone numbers are:

- o Arabic – 1800 549 849
- o Cantonese – 1800 549 848
- o Greek – 1800 549 845
- o Italian – 1800 549 844
- o Mandarin – 1800 549 847
- o Vietnamese – 1800 549 846.

Source: Aged Care Quality Bulletin #26

Tips for living well with Frontotemporal Dementia

Sean's Story: My five tips for people living with frontotemporal dementia

Seek out medical advice to confirm the right diagnosis

Find a place to live that fits you

Be cared about, not just cared for

Stay connected to the community

Happy heart, happy mind

To start a conversation with Sean, you can reach him on:

Tweeter: @SeanPKelly3

Facebook: <https://www.facebook.com/groups/125434488163324/about/>

To access full article, please visit The Dementia Centre HammondCare

Source:

<https://dta.com.au/app/uploads/2021/01/Issue-50-Oct-Nov-Dec-2020.pdf>

March Birthdays

March 1st ~ Lyn King



March 8th ~ Leonard Horton

March 14th ~ Frances Bailey

March 29th ~ Harry Binder



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

Each month a special Birthday Breakfast is held for Residents celebrating a birthday during the month, pictured is our February residents enjoying a cooked breakfast together, Isabel, Cecelia, David and Yvonne.

Also pictured is Cecelia Sguariglia on the day of her birthday who enjoyed afternoon tea in her honour.





Special Events Calendar



1st March ~ 1st day of Autumn

5th March ~ Happy Hour social gathering

8th March ~ Public Holiday. Labour Day

9th March ~ Market Day at Myrtleford Lodge

~ Residents Meeting @ 11.30am

10th March ~ Birthday Breakfast

11th March ~ Pampering Afternoon

15th March ~ Bus trip; Shopping at Target Myrtleford

16th March ~ Mending afternoon (bring your mending)



17th March ~ St Patricks Day celebrations

Dress up day; show your Irish colours



21st March ~ International Day for the Elimination of
Racial Abuse

23rd March ~ Cooking Spring Rolls

26th March ~ Happy Hour

29th March ~ Pampering afternoon

Daily activities are listed on the Activities Calendar and whiteboards, including, daily exercises, board games, bingo, gardening and cooking groups, Italian specific gatherings and Footy Tipping to commence soon, just to name a few.

A note from the Administration Desk

Residents Wheelchairs, scooters and Walking Frames:

The maintenance of Residents wheelchairs, scooters and walking frames remains the responsibility of the Resident / Representative. Staff at Myrtleford Lodge are able to provide contact numbers of suppliers for repairs.

Valuables and spending money (from the Consumer Handbook)

Consumers are discouraged from having valuables or large amounts of cash. We are not able to take responsibility for the loss of valuables or money despite all endeavours to maintain and promote a secure environment. If you or your family have valuables in your room you do so at your own risk.

Spending money (petty cash) for the purchase of small items or services such as hairdressing and outings can be managed by the Lifestyle Program staff.

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

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

www.bentleywoodpl.com.au



Bentley Wood Aged Care acknowledges the Traditional Custodians of the land and pays respect to Elders both past and present.



Bentley Wood Aged Care acknowledges and respects the diversity of our community and our consumers.

