

A close-up photograph of several pink tulips in various stages of bloom, set against a soft, out-of-focus background. The tulips are the central focus, with their vibrant pink petals and green stems clearly visible. The lighting is gentle, highlighting the texture of the petals.

*Happy
Mothers
Day*

*May Your
Day Be
Filled With
Love*

Person Centred Care - Know Me Well



Current as at 28th October 2020

Welcome to the May edition of;
"On the Grapevine",
The Myrtleford Lodge Residents &
Representatives Newsletter.

This month, I thought I would revisit the term consumer directed care.

Consumer directed care is a way of thinking and doing things that sees the people using health and social services as equal partners in planning, developing and monitoring care to make sure it meets their needs.

The underlying philosophy is the same: it is about doing things with people, rather than 'to' them.

A person's care experience is influenced by the way they are treated as a person, and by the way they are treated for their condition. The ultimate goal of our health system is to deliver high-quality care that is safe, of value and to provide an ideal experience for patients, their carers and family.

Person-centred care is widely recognised as a foundation to safe, high-quality healthcare. It is care that is respectful of, and responsive to, the preferences, needs and values of the individual patient.

It involves seeking out, and understanding what is important to the patient, fostering trust, establishing mutual respect and working together to share decisions and plan care.

Key dimensions of person-centred care include respect, emotional support, physical comfort, information and communication, continuity and transition, care coordination, involvement of representatives/family, and access to care.



Consumer Directed Care is an approach to the planning and management of *care* which allows consumers and carers more power to influence the design and delivery of their services, and allows them to exercise a greater degree of choice in what *services* are delivered.

At Bentley Wood to ensure consumers are provided with care according to their needs and wants, consultation and communication is key to facilitate consumer directed care.



Day to day conversations, consultations and reviews occur to ensure your needs and wishes are met. These discussions assist with the formulation of a care plan that is directed by you.

Monthly consumer of the day reviews also occur with a comprehensive assessment and evaluation of your care needs and this is a great opportunity for you or your representative family member to discuss care needs and changes you would like to see implemented.

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



May Consumer Meeting to be held on
Tuesday 11th May commencing
@ 11.30am.

Activities at Myrtleford Lodge



What spectacular autumn weather we have been having of late enabling us to enjoy many outdoor activities before the cold winter days arrive on our doorstep.



Cecelia Sguariglia, Rosemary Capocasa and Pat Wait were enjoying the sunshine and admiring the avenue of Manchurian Pear trees that have put on a beautiful autumn display this year.

Jill Weight also found a lovely sunny spot to sit and relax in the autumn sunshine.

The Courtyard adjoining D Wing has also been a hive of activity with Residents being very creative, on this occasion rocks were being painted to be displayed amongst the river rocks in the courtyard garden.



Activities at Myrtleford Lodge

Myrtleford Lodge activities this past month included painting pine cones for a visual display in the lounge. Fran Bailey, Maria Degrazia, Judy Wayth and Nancy Binder all enjoyed the afternoon activity.



Activities at Myrtleford Lodge



Residents were delighted to have received sunflowers by the bunches recently.

They were sorted into vases and distributed throughout the facility much to the delight of us all.



Joyce McDonald, Isobel Robertson and Jill Weight are our Resident florists who always keep our flower displays beautiful.

Thankyou ladies.

An afternoon of pampering was enjoyed by this group of ladies, a hand soak and massage followed by a manicure and nail polish saw them all feel especially beautiful.



Activities at Myrtleford Lodge



Thankyou to the local Scout group who under the leadership of Bernadette Hays, assisted us to rework the vegetable garden tubs, this included, digging out the old soil and replacing with fresh soil and then planting some winter vegetables.



Silvio Facci, Judy Johnson, Kath Evans and Isobel Robertson were some of the very keen onlookers, with Silvio putting his hand up to nurture the new plantings.

Activities at Myrtleford Lodge

Myrtleford Lodge are currently hosting Alpine Institute students as they undertake their Aged Care placement, they have been a wonderful addition with the students also assisting our Diversional Therapy program to further enhance the varied program.

Students have assisted with cooking ANZAC biscuits, hand massages, fingernail painting, daily walks, bus drives, rock painting, carpet bowls, bingo and any other activities Residents would like to pursue on the day.



Nellie Biffin was one of the ladies who enjoyed having her nails painted.

Pictured also is the cooking group preparing to cook the ANZAC biscuits which were by all accounts delicious.



Activities at Myrtleford Lodge



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
Lest we Forget

Myrtleford
Lodge held an
ANZAC service
on Friday 23rd April
officiated by the local
branch of the RSL.



Physiotherapy services

Flexout Physiotherapists attend
Myrtleford Lodge four days per
week to assist residents with pain
management. Jeanette Blaxall
enjoyed her appointment with
Rachel, walking and stopping to
exercise outdoors in the sunshine.

Special Events Calendar

4th May ~ Market Day at Myrtleford Lodge

~ Mother's Day Craft

7th May ~ Influenza Vaccinations

~ Mothers Day Raffle drawn

Sunday 9th May ~ Mothers Day

11th May ~ Residents Meeting

12th May ~ Birthday Breakfast

12th May ~ International Nurses Day

13th May ~ Armchair Travel

14th—16th May ~ La Fiera Festival, Myrtleford

21st May ~ Friends of the Library outing

~ Happy Hour

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

Residents are encouraged to come along and join in any of the activities with additional activities listed on the board daily, including, art classes, board games, gardening groups, movies, craft and much more.

Should you have any ideas for activities, please speak to a staff member so that we can include your ideas on the calendar. Alternatively, come along to the Residents & Representatives meeting scheduled for Tuesday 11th May commencing at 11.30am.

May Birthdays at Myrtleford Lodge

Kathleen Evans ~ 2nd May

Irma Peruzzo ~ 4th May

Gwyneth Millar ~ 10th May

Judy Wayth ~ 17th May

Jill Weight ~ 30th May

Margaret Oakley ~ 31st May



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

The Birthday breakfast will be held on
Wednesday 12th May



Ivan Jelinic celebrated a Birthday during April, Ivan received a beautiful booklet full of messages and photos from family.



From the Quality Desk

Urinary Tract Infections in Seniors

A urinary tract infection (UTI) is an infection of part of the urinary tract which includes the urethra, bladder, ureter and kidneys. UTI's are one of the most common infections in older adults with over 10% of women older than 65 years reporting one in the last 12 months. Seniors have a higher incidence of UTI's than younger adults and symptoms can be more severe.

Older adults however, are more likely to experience changes in behaviour such as confusion and agitation or may present with falls.

- Burning on urination
- Going to the toilet more frequently
- Urgency / the feeling of needing to urinate
- Fever
- Chills
- Lower abdominal/pelvic pain
- Back pain
- Cloudy and/or smelly urine
- Urinary incontinence/ leakage of urine
- Blood in the urine
- Fatigue
- Nausea

What causes Urinary Tract Infections?

Most urinary tract infections occur when bacteria or fungi enter the urinary tract. The bacteria *E coli* (which is present in stool) is the most common type of bacteria that causes UTI's and enters the bladder via the urethra. Infections are more common in females than males as they have a short urethra. In some cases, and if treatment is delayed, the infection can then spread to the kidney.

Seniors are at more at risk of UTI's because they may have;

- Weaker immune systems

- Associated medical conditions that causes you to retain urine more such as Alzheimer's Disease, Parkinson's disease, Diabetes, prolapsed bladder or an enlarged prostate.
- Incontinence of the bladder or bowel.
- The presence of a urinary catheter
- A history of recurrent UTI's.

Lower levels of estrogen (in post-menopausal women)

Prevention

For those that get frequent UTI's, methods to help prevent them can include

- Drinking plenty of water
- Wiping from front to back after going to the toilet
- Urinating immediately after sexual intercourse
- Avoiding caffeine and alcohol
- Do not 'hold on' or delay going to the toilet when you need to .
- Vaginal estrogen may reduce risk in post-menopausal women
- Preventative antibiotics (taking a low dose antibiotics every day for 3 – 6 months)

Non antibiotic prevention – Further scientific evidence is required but Cranberry , Methenamine salts, Ascorbic acid (Vitamin C), D-Mannose, and probiotics may be of benefit.

Urinary tract infections are treated by;

- Drinking plenty of water to help flush out the bladder.
- Taking a alkalinising agent (such as ural) to help reduce burning or stinging when going to the toilet
- Paracetamol or anti-inflammatories

Antibiotics are usually prescribed if the doctor suspects or confirms a UTI to treat the infection quickly and prevent complications.

If recurrent urinary tract infections occurs, further medical tests may be required, so please see your doctor.

Source: <https://yourfamilydoctors.com.au/urinary-tract-infections-in-seniors/>

Influenza Vaccinations:

Standish Street Surgery will be holding a clinic at Myrtleford Lodge to administer the Influenza vaccine to Residents; Friday 7th May.

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.



"Mothers hold their children's hands for a short while, but their hearts forever."

— Unknown



To all of our mothers and grandmothers, we hope you enjoy this special day. Buona festa della Mamma

