

Welcome to the July edition of;
“On the Grapevine”,
The Myrtleford Lodge Residents
& Representatives Monthly Newsletter



Kindness is like snow -
It beautifies everything it covers

National Diabetes Week 2021 runs from 11 – 17 July

In 2021, Diabetes Australia are continuing our Heads Up campaign which focuses on the mental and emotional health of people living with diabetes. This year, the spotlight is on diabetes stigma and mental health.

- More than 4 in 5 people with diabetes have experienced diabetes stigma.
- Nearly 50 per cent of people with diabetes have experienced mental health challenges in the last 12 months.

Stigma affects all aspects of life for people with diabetes, including their mental health and wellbeing.

People experience diabetes stigma when they are blamed for having diabetes, while managing diabetes such as injecting insulin in public and when they experience the affects and complications of diabetes such as low blood sugar.

Diabetes Australia represents all people affected by all types of diabetes. The aim of the 2021 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 1 will usually have to take insulin injections for life. Both type 1 and 2 are generally treated with **exercise, diet, and sometimes medication**

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

NDSS Helpline: 1800 637 700

HEADS UP ON DIABETES

Diabetes is relentless. Diabetes distress, anxiety and burnout are real.

LET'S TALK ABOUT DIABETES & MENTAL HEALTH

NATIONAL DIABETES WEEK 2020

diabetes australia

Talk to us 1800 533 774
www.headsupdiabetes.com.au

Activities at Myrtleford Lodge



Indoor bowls is always a fun and engaging activity for everyone, on this occasion Laurel and Tess battled it out with the overall winner being Laurel on this occasion.

The Italian specific activity group continues to come together every Wednesday morning, this group was very busy cooking a meal which was then enjoyed together.



D Wing Craft group



There is a new craft display in the D Wing sitting room, it looks fantastic. Thankyou to Jenny Seewitz who spent many hours assisting to complete the project.

Activities at Myrtleford Lodge



Happy hour is another popular activity on the monthly calendar with many residents coming together to enjoy an afternoon of friendship. Residents are reminded that they are welcome to attend any or all of the listed activities, come along and join us.



What better way to spend a cold and wet afternoon than with friends enjoying an afternoon of pampering. This group of ladies enjoyed a hand massage followed by having their nails painted.

Activities at Myrtleford Lodge



Myrtleford Lodge have recently welcomed back local entertainers Elysium to the facility, it was wonderful to hear the music playing again, there were big smiles, feet tapping and singing along, we hope to see them back again soon.





Special events Calendar

2nd July ~ Happy Hour

7th July ~ Catholic Mass

8th July ~ Singalong

9th July ~ Country Drive

13th July ~ Residents Meeting

14th July ~ Birthday Breakfast

16th July ~ Friends of the Library

16th July ~ Happy Hour

20th July ~ Savoy Club lunch outing

28th July ~ Afternoon tea outing

30th July ~ Indoor Croquet



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.

Special events this month



Myrtleford Lodge residents were delighted to have received two beautiful floral displays recently from L'Amour florist in Myrtleford, they were sent to "brighten someone's day", and they certainly did just that.

We are so very fortunate to live and work in a community that is very kind, every week, local lady Barb Raynor will be seen dropping off at our door flowers either from her garden or from the gardens of members of the local garden club, we thank them all for thinking of us, there are a group of ladies who thoroughly enjoy working the flowers into beautiful arrangements for us all to enjoy.

R.I.P

William "Bill" Naughton

17/08/1927 ~ 09/06/2021

Residents and Staff extend sincere sympathies to the family and friends of Bill who will be remembered as a true gentleman, loved and missed by all.



July Birthdays



1st July ~ June O'Connell

3rd July ~ Moira Mead

6th July ~ Anne Crippin

10th July ~ Fay Fear

13th July ~ Beth Walpole

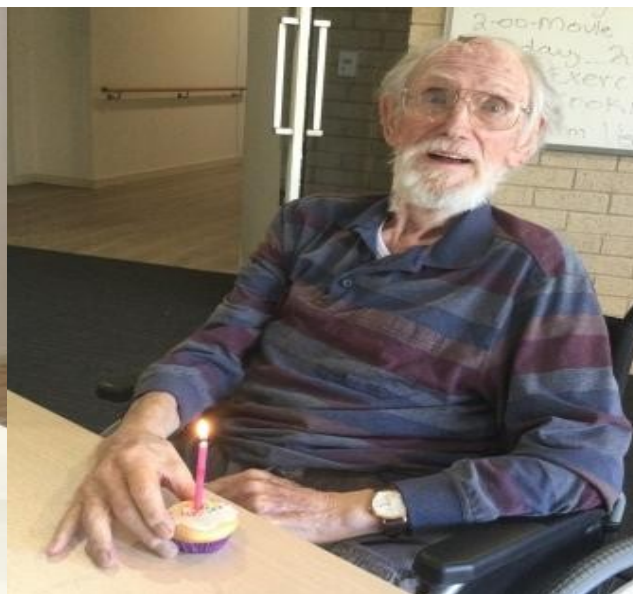
19th July ~ Denis Garoni

29th July ~ Shirley Brady



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

Pictured are just two of our Residents who enjoyed a Birthday afternoon tea in their honour, Zena Atkinson and Sidney Rennef, we hope that you enjoyed a wonderful day.



R.I.P Banna

Myrtleford Lodge Residents and staff are heartbroken at the news that our beautiful canine friend Banna was laid to rest in his garden after giving us all such unconditional love and friendship, he seemed to know when someone wasn't having the best day and he would visit for a pat and cheer their day.

We have had the privilege of Hugh bringing his best mate Banna to work with him for the past 5 years, Banna was so gentle and loving to us all.

Thankyou, Hugh and Alison for sharing with us your beautiful Banna, he is sorely missed by us all at Myrtleford Lodge, we will continue to speak his name often as we all have a story to tell and a memory to share.

Banna's exceptional story was recently shared in the Myrtleford Times shortly before he was laid to rest, he is pictured with David Draper, one of the many Residents to have enjoyed his company.



Improvement Forms:

As part of our Continuous Improvement, Myrtleford Lodge welcome your feedback should you have a Suggestion, Complaint or Compliment.

All Improvement forms are followed up and actioned by the Director of Nursing and Deputy Director of Nursing.

Forms are available near the Front Reception or alternatively ask one of our staff members to assist you or contact us by phone or email.

Thankyou:

Thankyou to Linda Kilpatrick who so very kindly donated some vases which are already in use, thankyou for thinking of us.

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.

