

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

*Daffodil Day*

*Friday August 27th is National  
Daffodil Day, the daffodil being the  
symbol of hope.*

*The Cancer Council of Australia are  
asking all Australians to be the  
“power behind the flower “  
to support the thousands of  
Australians who are currently  
undergoing treatment and to  
remember loved ones lost.*

*Myrtleford Lodge Staff and Residents  
will be wearing a touch of yellow in  
support this daffodil day.*

## Staying Active

Physical activity can have instant, lasting health benefits. It can:

- Improve your quality of life and make you feel more energetic.
- Help you to feel better overall and improve your mood.
- Get you out into the fresh air and help reduce feeling of loneliness and isolation and put you in touch with other people.
- Reduce the risk of illnesses like heart and lung disease, high blood pressure, diabetes, obesity, cancer, dementia and other health conditions.
- Help in the recovery of those who have had a stroke or other illnesses and conditions.
- Help you to lose weight if you want to, which is good for your health overall as well as might be good for your self-esteem.



The amount of physical activity you need to improve your health and stay healthy will depend on your aged and level of health.

However, if you are generally fit and don't have mobility limiting conditions, then you should try to be active every day.

Try to do a range of activities throughout the week to help to maintain fitness, strength, flexibility and balance.

Exercises are conducted each day at the facility and we encourage all residents to participate to assist with your overall health outcomes and for all the benefits listed above.

Each morning – exercises are conducted in the main lounge and we welcome your attendance. The benefits are varied and great for all no matter what age and stage.

### Covid updates

– Due to the current situation in both NSW and Victoria it is vital we adhere to the government guidelines with regards to visits to Residential Aged Care facilities.

No one is allowed to travel from red zones and no one is allowed to visit RACF if living in a red zone.

We are not prepared to take any risks and despite the challenges we can continue to offer zoom catch ups, telephone calls, window visits and regular updates.

We ask that you all work with us during these challenging times. We nearly have all our residents that want to be vaccinated completed and working towards all staff being vaccinated by September, which is mandated by the Federal Government.

If you have any concerns, please do not hesitate to contact the facility to discuss your concerns. We will try and provide flexibility to those that live locally but the Delta strain is so contagious and not yet contained and as such we will continue to maintain a high level of vigilance and adherence to government directives.

Marita Seamer

Director of Nursing

## Activities at Myrtleford Lodge



Myrtleford Lodge have been viewing the Olympics cheering on our fellow Australians over the past week.

Our own Olympics are also taking place, the bowls competition saw Jennifer Seewitz awarded the gold, Jill Weight the silver and Beth Walpole the bronze.



## Activities at Myrtleford Lodge



The vegetable garden is flourishing thanks to the hard work of Silvio Facci who has been keeping a keen gardeners eye on all of the vegetables that were planted by the local scout group several months ago.

The lettuce and herb patches are continuing to be cultivated and enjoyed, most recently forming the base of the salad accompaniment to the pizza luncheon. Thankyou Silvio for all of your hard work.



### Residents & Representatives Meeting

Residents & Representatives Meetings are scheduled for the second Tuesday of the month. This is a great forum to discuss any ideas for Improvement or suggestions, everyone is most welcome to attend.

August Meeting; Tuesday 10th August 2021



## Special Activities Calendar

3rd August ~ Olympic throwing challenge

4th August ~ Afternoon tea outing

5th August ~ Olympic 10 pin bowling challenge

6th August ~ Happy Hour

10th August ~ Residents Meeting

11th August ~ Catholic Mass

~ Olympic battle blocks challenge

12th August ~ Singalong

13th August ~ Wear a beanie day

18th August ~ Birthday breakfast

19th August ~ Country drive

20th August ~ Friends of the library

~ Cooking pancakes

27th August ~ Daffodil day

~ wear a touch of yellow

27th August ~ Afternoon drive

Further activities are listed on the whiteboards daily, weather permitting many activities may change to include some outdoor enjoyment.

Should you have any further ideas that you would like to see added to the calendar, please speak to activities staff or come along to the Residents Meeting.

## Activities at Myrtleford Lodge



Afternoon and morning tea at Myrtleford Lodge is always a lovely opportunity to come together to enjoy the friendship of others.

On what was a cold and wet afternoon, a day when going out for afternoon tea wasn't an option, everyone enjoyed the idea of having that special afternoon tea outing here at Myrtleford Lodge.

The tables were set and decorated, the music was playing and the kitchen provided some warming treats for everyone to enjoy

This group of Residents pictured together are just some of a large group that enjoyed a special afternoon tea in the warmth of home.



## Activities at Myrtleford Lodge

Residents are enjoying a new activity at Myrtleford Lodge, Croquet is a new activity added to the monthly calendar of events following the recent purchase of equipment.



Dawn Arbuthnot, Shiela Kennedy, Shirley Mitchell and Beth Walpole tried out the new equipment with a quick game, they look forward to enjoying many more games together.



Reminder to all Residents that you are always welcome to come along and be involved in any of the activities.



## Activities at Myrtleford Lodge



The Wednesday morning Italian specific activities continue to be thoroughly enjoyed.

A morning of fun and laughter, Italian music and cooking is usually followed by either morning tea or lunch together.

Recently the group have enjoyed cooking minestrone and pictured is the group making their own individual

pizza which was accompanied with salad and fresh pane.



## Activities at Myrtleford Lodge



After the recent heartbreak of the loss of Banna, Hugh brought in the newest member of his family, the most adorable 15 week old puppy, called Ripley.



Ripley visited everyone to say hello and we were all delighted to meet him for the first time. We look forward to him visiting us again soon.

## August Birthdays



1st August ~ John Debruyn

2nd August ~ Silvia Cabai

4th August ~ Mary Farquharson

5th August ~ Fred Briotti

8th August ~ Teresina Nero

10th August ~ Silvio Facci

12th August ~ Vera Traini

24th August ~ Angela Squires

27th August ~ Jean O'Neill

31st August ~ Roy Dark



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



Pictured is Shirley Brady who celebrated her 90th Birthday recently with an afternoon tea held in her honour to celebrate the occasion.



*In loving memory of;*

*Antonio Baldori*

*13/06/1933 ~ 04/07/2021*



*&*

*Vittorio Bonacci*

*18/09/1933 ~ 28/07/2021*

*Residents and Staff extend sincere sympathies to the family and friends of Tony & Vic who will both be fondly remembered and missed by all.*

*May they rest in eternal peace.*



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June O'Connell and Denis Garoni celebrated birthdays during the past month.



All residents enjoy a Birthday cake and afternoon tea in their honour on the occasion of their birthday.

### Suggestions, Complaints, Improvement forms;

Residents /Resident Representatives are reminded that we welcome your thoughts and feedback as part of our continuous improvement at Myrtleford Lodge Aged Care.

Marita Seamer, Director of Nursing and Amanda Graham, Deputy Director of Nursing have an open door policy, please ask to speak to either should you wish to discuss any concerns or suggestions.

Improvement forms are available from the front entrance area, please ask Administration Staff to assist you if required.



### 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](mailto: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](http://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.**

