

*Welcome to the February Edition of;
"On the Grapevine"
The Myrtleford Lodge Residents and
Representatives Monthly Newsletter*



Thankyou to our amazingly resilient Residents and our families who have been so thoughtful, kind and considerate over these past few weeks, your care of others especially staff members who have been working tirelessly and with residents care always the focus, has been so warmly welcomed and appreciated. Staff have received and enjoyed, morning teas, coffee vouchers, flowers and really kind phone calls of support to the facility during our recent isolation period.

Please know that we have been so very appreciative of all of your support, thankyou just doesn't seem enough for some of the acts of kindness shown to us all, we are very humbled.



This month we will highlight Standard 4: Services and supports for daily living

Consumer outcome:

I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.

Organisation statement:

The organisation provides safe and effective services and supports for daily living that optimise the consumer's independence, health, well-being and quality of life. Meaning of - services and supports for daily living: Services and supports for daily living include, but are not limited to, food services, domestic assistance, recreational and social activities.

A consumer might have some challenges in their health and abilities, but they still achieve. They also have meaning, and they live their day-to-day life and Services and supports cover a wide range of options that consumers live as in- and enjoy life.



have goals they want to have roles that have want to manage their live as well as they can.

for daily living cover a that aim to support dependently as possible

Services and supports for daily living include:

- Domestic help, such as cleaning, laundry
- Food services, including meals, food advice, delivery & preparation
- Services to encourage and support consumers to take part in social activities they are interested in, including community life

Delivering services and supports to improve a consumer's well-being and quality of life requires a consumer-centred approach.

This means treating the consumer as a whole person and considering their physical and mental health, and spiritual, emotional and social life.

Their relationships, attitudes, cultural values and the influences of those around them, including family and community are all important.

Socially including consumers isn't just about giving them opportunities to join in on activities that the organisation provides. It's also about making sure that consumers feel socially connected, can have relationships they choose, have control over their lives, have privacy and are able to contribute.

The care and services at Bentley Wood are delivered in a way that enables a person's needs to be met. This includes making sure that enough time is allocated to allow staff to provide care and treatment in accordance with the person's assessed needs and preferences.

Bentley Wood has policies and procedures in place that support staff to deliver care and treatment in accordance with the requirements detailed in the care and services plan.

Bentley Wood staff undertake regular assessments and consumers/ representatives are involved in discussions and decisions about their day-to-day care during care assessment, care planning and care evaluation. If you would like to discuss your care plan see a staff member at any time.



Bentley Wood is required to provide services and supports in line with the consumer's assessed needs, goals and preferences, and any care and services plan, or service agreement in place with the consumer.



We may not directly provide all the services and supports that are important to the consumer's well-being; however we can assist the consumer to access other services or supports, including those that the wider community may provide.

If there are any services and supports that you would like to be reviewed and offered, please ask the staff.

Marita Seamer – Director of Nursing

Resident Meetings

Resident and Representative Meetings are scheduled for the second Tuesday of every month commencing at 11.30am, these meetings provide a great forum to discuss any ideas, concerns or issues that you may have. The daily menu and ideas for activities are discussed monthly, your ideas are always welcomed.

Activities at Myrtleford Lodge

On what was a magnificent summers day, Myrtleford Lodge took two buses up to the very picturesque Buffalo Dam for the afternoon.

Residents enjoyed a beautiful afternoon tea of sandwiches and slices together under the shade of the large elm trees before

boarding the buses to continue on with some sight seeing through the beautiful Alpine valley.



Weather permitting, additional outings will continue to be enjoyed in the coming weeks.



Activities at Myrtleford Lodge

Another sunny day gave the chance to get out and about in the bus to enjoy the beautiful countryside. Residents on this



occasion went on what was described as a bush adventure.

The bus took on the bumpy road to the top of reform hill in Myrtleford where magnificent views over the valley and the township were

enjoyed.

Speaking to one resident who has lived all of his life in the valley described the views as beautiful, he had never been to the lookout previously.



After visiting the lookout the bus took the old Stanley road through to Beechworth before returning to Myrtleford Lodge to enjoy afternoon tea.

Activities at Myrtleford Lodge

Father Tony Schallue has recommenced Catholic Mass services at Myrtleford Lodge, it was lovely to see him return with Residents enjoying the face to face service and communion. Catholic Mass will be held monthly on the first Wednesday of the month.



In loving Memory of;

Gwenevere “Anne” Crippin

Passed away 24th January 2022

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Francesca Cannizzaro

Passed away 25th January 2022

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Frederico Briotti

Passed away 25th January 2022

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Management, Staff and Residents extend sincere condolences to family and friends.

May they Rest in eternal peace.

## Staying Hydrated in the warmer weather

As summer rolls on, so too are warmer days. Heat-related illnesses, particularly dehydration, can affect anyone—no matter age or medical history.

Dehydration is more prevalent in warm weather, due to the loss of water and salt from the body. Dehydration occurs when a person's body temperature rises and the body tries to cool itself down by sweating.

### Why do we need to drink water?

Our bodies comprise of 70 to 75 per cent of water, which is responsible for maintaining blood circulation as well as supplying our bodies with essential nutrients and removing waste.

Drinking water also maintains blood volume and ensures our blood pressure is maintained.

### How do I know if I'm dehydrated?

The most common symptoms of dehydration are a dry mouth and feeling thirsty. Other symptoms include:

- Headache
- dry skin
- passing less urine than normal
- Tiredness
- Dizziness
- cramping in the arms and legs

- If these symptoms worsen or last for more than an hour, immediate medical attention is highly advised.

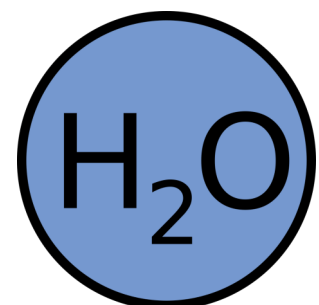




### Helpful hints to stay hydrated

Ensure your staying hydrated during the warmer months by following these tips:

- Pay attention to the colour of your urine as this is a good way to monitor fluid loss. Your urine should be pale yellow and not dark yellow, too smelly or cloudy
- Consuming fruits and vegetables (at least five cups) counts towards your fluid levels, as they contain water and potassium.
- Fluids found in foods (icy poles, custard, jelly, ice cream, yoghurt, fruit and soup) as well as fruit juice, milk, tea, coffee and cordial all contribute to the daily intake.
- Tea and coffee, while being a good source of fluid, should not be the only fluid a person drinks because they contain caffeine
- Avoid fizzy drinks or caffeine-based drinks, which can trigger urge incontinence in some people with bladder dysfunction.
- Sip on water before, during and after exercise for low to moderate activity (less than 60 minutes)
- Do exercise or outdoor activities in the early morning or evening to avoid excessive exposure to the midday sun
- Wear sunscreen and a hat to protect your head, neck, ears and face to avoid getting sunburn which stops your body from cooling itself down properly
- Wear thin, loose clothing to help sweat evaporate. Avoid wearing dark clothes which absorb more heat than light clothing.



## February Birthdays



4th February ~ Isabel Robertson

13th February ~ Yvonne Sutton

16th February ~ Cecelia Sguariglia

19th February ~ David Draper



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

The February Birthday Breakfast will be held on

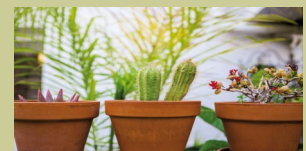
**HAPPY  
BIRTHDAY**

### Activities fundraising events

Thankyou to everyone who purchased Raffle tickets, our winners were published in the January Newsletter however we had not counted the proceeds raised which is just such an amazing amount.

Raffle \$399.00

Plant sale \$160.00



Also our little plant stall also raised a significant amount which was all profit due to the generosity of staff and some of our families.

Maureen Culhane donated many plant cuttings from her garden and we thank her for thinking of us.



Special events calendar

1st February ~ Cooking pancakes



2nd February ~ Catholic Mass



~ Country Drive

3rd February ~ An afternoon of pampering

8th February ~ Residents & Representatives Meeting

9th February ~ Birthday Breakfast

14th February ~ Valentines Day

15th February ~ Mending ( bring your mending along and we will do it for you! )

16th February ~ High tea

**Beach theme week**

21st to 25th February will be a Beach themed week full of activities culminating in a Beach Party Happy Hour on Friday 25th February

Further activities are listed on the daily calendar, please feel welcome to come along and join in the activities, if you have some further ideas for what you would like to see included on the calendar please share your ideas with us.



## ***A note from the Administration Desk***

### **Pick up /Drop off Zone:**

Our Residents Representatives are reminded to please use the front portico as a drop off/pick up zone only as on a number of instances we have had emergency service vehicles and our Residents Bus having to park elsewhere.

Visitors car parking is available in the car park to the left as you enter the facility grounds as well as to your immediate right along the side of the building.

Two car parks adjacent to the front portico are for disabled / elderly parking only with Staff Parking only past this point.

We thank you for your cooperation.

### **Residents Petty Cash System:**

Myrtleford Lodge offer a Petty Cash System for Residents . A Petty cash card showing all deposits and withdrawals can be set up for payment of incidentals such as Hairdressing, outings etc, please advise Administration staff if you would like to set up an account.

### **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.**

*Happy  
Valentine's  
Day*



My life is so much richer  
with you in it! Thank you for  
always being there for me,  
you are such a great friend.  
I hope you know how  
much I appreciate you.  
Have a wonderful day!

Happy Valentines Day, think of those that are nearest and dearest  
to your heart.



Monday 14th February 2022

