



Welcome to the April Edition of;
"On the Grapevine"
The Myrtleford Lodge Residents &
Representatives Newsletter.



The Covid risk is still present and a reminder on adherence to our policy to reduce exposure is crucial;

All people who enter a facility need to consider their likelihood of introduction infection. The principles are that:

- Staff and visitors should not enter if they have respiratory symptoms, irrespective of their vaccination status
- People should stay home if they have been required to quarantine
- People should comply with any state or territory requirements, including for COVID 19 and influenza vaccination
- People can spread COVID-19 even if they do not have symptoms and as such, they:
 1. Must comply with RCF requirements, this includes wearing masks at all times and undertaking a test if required.
 2. Need to be more careful when there is a high local community transmission
 3. Need to understand that outdoor visitors are less risky for transmission than indoor
 4. Should minimise social contacts to reduce risk.
 5. Should always use COVID safe behaviours including hand hygiene and respiratory hygiene and physical distancing where possible.
- Sign in and complete the declaration every time you visit our facilities and ensure information is accurate

If you have any questions, please speak to a staff member.

Warm regards,

Marita Seamer, Director of Nursing.

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Activities at Myrtleford Lodge

Entertainment and outings are being enjoyed by all, two buses and a walking group made their way to the local Savoy club to enjoy a lunch outing and a little flutter on the poker machines.



Residents who have some ideas for further outings are encouraged to either come along to the Resident meeting to share your ideas or speak to Activities staff.

What a wonderful afternoon we enjoyed recently being entertained with a Rock and Roll demonstration.

There was lots of foot tapping, clapping and general

happiness along with some reminiscing of days gone by. It was so lovely to enjoy some entertainment, our entertainers, Noel and Megan from the Albury Dance group must have gone home exhausted, as we were exhausted watching, they were fantastic and delighted the crowd that gathered.



Activities at Myrtleford Lodge

Also returning much to our delight are the students from



Myrtleford P-12 College. Year 8 students studying Italian visited our Italian specific morning to practice their language skills.

Year 3 students also visited during March, they



sang to a large crowd before then reading stories to individual Residents.

The relationships formed between Residents and Students is very special,

we are so fortunate to have created such bonds through the incredible work of Rosemary Bunge the P-12 College Adolescent Health Nurse and our Diversional Therapy Staff.



Activities at Myrtleford Lodge



John Byrne and his little mate Sally were pictured with Cecelia Sguariglia waiting for the children to arrive to listen to

them sing as were Arthur and Laurel Quonoey.



Our National Champion



Residents and Staff are so proud of Leisha Salter our Deputy Director of Nursing who has recently competed on her horse Brookside Grand Illusion winning the title of Champion Australian Young Dressage.

Leisha who owns the stud Brookside performance ponies was very successful at the championships with many of her horses also taking out honours at the titles.

Congratulations Leisha

New staff member



Myrtleford Lodge have recently welcomed Zaira Eguia into the role of Activities to further compliment our existing team.

Zaira's appointment has enabled many further activities including outings and walking groups to be

added to the calendar of events to further enhance a very busy and varied activities program. Zaira will often be seen with her Ukulele in hand, she is pictured with some residents enjoying the outdoors listening to her beautiful voice which was followed by afternoon tea.

Staff farewell

Mary Downey has been farewelled by both Residents and Staff at Myrtleford Lodge, Mary has enjoyed a long and varied career in Nursing spanning 52 years including a posting in the Australian army to New Guinea. Mary will be very much missed at Myrtleford Lodge, along with her immense knowledge, Mary as a senior nursing staff member has always been keen to assist and guide staff and students continuing further education. We thank Mary for her valuable contribution to Myrtleford Lodge, her care and compassion to Residents over her ten years with us was always at the forefront of her nursing, everyone at Myrtleford Lodge wishes Mary well in her well earned retirement.



Special events Calendar

1st April ~ Happy hour

3rd April ~ End of Daylight Savings

5th April ~ Afternoon tea outing to local cafe

6th April ~ Birthday Breakfast

12th April ~ Residents Meeting

13th April ~ Country Drive

15th April ~ Good Friday



16th April ~ Easter Saturday



17th April ~ Easter Sunday

18th April ~ Easter Monday

22nd April ~ Cooking pancakes

25th April ~ ANZAC Day



27th April ~ Country Drive

28th April ~ An afternoon of pampering

Daily activities are listed on the notice boards including, exercises, gardening, cooking, board games, indoor bowls, walking groups, outdoor games etc. Residents are encouraged and welcome to come along and join in any of the activities they may be interested in joining.

Activities at Myrtleford Lodge



Garden visits are one of the most enjoyable days out, our ladies were again invited to share morning tea at Rhonda Pethybridge's lovely home followed by a wander through her beautiful garden.

Kath Evans, Pat Waite and Jill Weight are pictured together with garden club members, Rhonda Pethybridge and Barb Raynor with a basket full of beautiful flowers picked from



the garden to bring back to the lodge for us all to enjoy. So fitting to have some Easter daisies.

April Birthdays at Myrtleford Lodge



4th April ~ Sheila Kennedy

8th April ~ Dawn Arbuthnot

19th April ~ Teresina Novak

24th April ~ Don Arnold



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



*In loving Memory of,
Leonard Merrigan*

04/07/1929 ~ 02/03/2022

Myrtleford Lodge Residents and Staff

Extend sincere condolences to the family and friends of Len. Len will be remembered as a true gentleman, kind and thoughtful

May he rest in eternal peace.



Daylight savings: Reminder to turn your clock back 1 hour on Sunday 3rd April as Australian daylight savings time finishes.



Fresh Fruit: Fresh seasonal fruit is available from the Kitchen daily, please ask the Catering staff for assistance should you like to access some fruit.

Residents/Representatives Meeting: The residents and representatives meeting is held monthly on the 2nd Tuesday of every month commencing at 11.30am. The meeting is a great forum to discuss any ideas for improvement or any issues that you may have. We encourage you all to attend where possible.

The next meeting is scheduled for Tuesday 12th April.

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.



Urine dipsticks not used here!



Australian guidelines advise that **urine dipstick testing is not a first step in diagnosing UTIs** in older people. Instead our home is using a Clinical Pathway.



Bacteria in the urine can be normal in older people.



If you think a resident may have a UTI, **use the Clinical Pathway** to check for signs and symptoms and the action to take.



Giving antibiotics when they are not really needed will lead to **1 in 3 residents developing side-effects such as diarrhoea.**

Please speak to the aged care home manager if you have any questions.

Adapted from NHS Nottinghamshire County Council 'To Dip or Not to Dip' project and Dr Annie Joseph's work.

Version 1 (September 2021)



Australian Government
Aged Care Quality and Safety Commission



Better use
of antibiotics

ANZAC Day 25th April

They shall grow not 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

 LEST WE
FORGET