



*Welcome to the July Edition of;  
“On the Grapevine”,  
The Myrtleford Lodge Residents &  
Representatives monthly Newsletter.*

## Activities at Myrtleford Lodge

### CRAFT ACTIVITIES IN D WING



Jennifer Seewitz and John Abbott doing a wonderful job of decorating some pine cones.

**Seeking Volunteers:** We are looking for volunteers that would like to make a difference to residents lives at Myrtleford Lodge. There is so much you can do to assist residents and staff as well as add value to our community at Myrtleford Lodge. It can as formal or informal as you like and any activity would be of great benefit to our residents. Please call the Lodge if you would like to assist. We would love you to be part of our team.

## National Diabetes Awareness Week 10th to 16th July 2022

Awareness of Diabetes is a National Public Health Issue and much still needs to be done, collectively and individually, for better prevention, diagnosis and management of the condition.

2022 marks the 100th anniversary of the use of

Insulin. This year in National Diabetes Week, our focus is to highlight the huge gap between the people who need access to insulin to control

their diabetes, as well as essential technologies such as blood glucose meters and test strips, and those who actually have affordable access.

Type ONE diabetes doesn't disappear when one turns 21!



The week also comes at a time when the world continues to live through the COVID-19 pandemic, which has not only resulted in a high proportion of people with diabetes among hospitalised patients with severe manifestations of COVID-19 and among those who have succumbed to the virus, but has also led to severe disruption of diabetes services.

## National Diabetes Awareness Week

### Facts about Diabetes 1 and Diabetes 2

#### Type 1 Diabetes

Every year 640 children and adults are admitted to the hospital because the early signs of type 1 diabetes are missed.

Learning the 4Ts could save a life.

Toilet - going to the toilet a lot

Tired- unexplained or excessive fatigue

Thirsty - a thirst that can't be quenched

Thinner—sudden or unexplained weight loss



#### Type 2 Diabetes

Many Australians will live with Type 2 diabetes for up to seven years before being diagnosed.

During this time, type 2 diabetes can do serious harm and lead to:

~Blindness

~Kidney damage

~Amputation

~Heart attack and stroke

## Activities at Myrtleford Lodge



Birthday celebrations for Herman Van Heek



Just below... A bit of history!

Listed are the names of those on Myrtleford's first shire council, maybe known to some!

Crs; W.McGuffie, C.J.Rootsey, W.Selzer,  
A.McLaughlin, J.A.Jones, C.J.Toner, J.Browne,



## Special Events Calendar



1st July ~ It's Bingo time (on most Fridays)

4th July ~ Scrabble/ Cards

4th July ~ Footy Tipping

6th July ~ Country Drive ( on Wednesdays, weather permitting)

7th July ~ White Board Quiz

8th July ~ Word Games

25th July ~ Footy Tipping/Carpet Bowls



26th July—Movie!

Exercise and Chat,  
9.45am, everyday!

See the Monthly  
Calendar.....come along and  
enjoy the activities!



1st July — June O'Connell

2nd July — Robert Canning

3rd July — Moira Mead

10th July — Fay Fear

13th July — Mary (Beth) Walpole

29th July — Shirley Brady



Myrtleford Lodge Residents &  
Staff wish you all a very Happy  
Birthday, we hope that you all enjoy  
your special day.



In loving memory of;  
Arthur and Sydney

Myrtleford Lodge Residents & Staff  
extend sincere condolences to families and  
friends of Arthur Quonoey and Sydney Pollett,  
who will both be fondly remembered here at  
Myrtleford Lodge.



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

### Valuables and spending money ( from the Consumer Handbook)

Consumers are discouraged from having valuables or large amounts of cash. responsibility for money despite all and promote a you or your family room you do so at



We are not able to take the loss of valuables or endeavours to maintain secure environment. If have valuables in your your own risk.

Spending money (petty cash) for the purchase of small items or services such as hairdressing and outings can be managed by the Lifestyle Program staff.

A reminder to all representatives visiting—when you are exiting D wing or the front door please ensure no residents are following you out. If a resident would like to leave an area—please seek staff for assistance as some residents are unable to exit some areas for their own safety. Thank you for your cooperation.

### 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.**





## Activities at Myrtleford Lodge

A lovely afternoon craft activity, enjoyed by



Laurel  
Quonoey,  
Jennifer  
Seewitz,  
Stephanie  
Kronber-  
ger

John Abbott, Jill  
Weight, Joan  
McNamara and  
Shirley Mitchell  
all enjoying some  
sunshine before  
the cold weather  
hits!



## Activities at Myrtleford Lodge

A lovely family get-together for Betty's 99th Birthday



They enjoyed a lovely lunch out and about and enjoyed the catch up. Happy Birthday Betty.

## **Nutrition and Hydration:**

It is only topical to discuss catering, nutrition, and hydration for residents at Bentley Wood given the recent media attention on meal service in aged care. Bentley Woods aim is to ensure residents receive adequate nourishment and hydration. This is some of the ways we meet residents needs at our facilities.

The intention of this requirement is to make sure that consumers have enough nutrition and hydration to maintain life and good health and reduce the risks of malnutrition and dehydration. Meals and the dining experience are a very significant part of day-to-day life They play an important role in connecting consumers socially and supporting a sense of belonging.

Each new resident is assessed for dietary requirements. Residents' dietary requirements are assessed as part of the initial assessment process. Assessment includes documentation of weight, food preferences, allergies, special dietary requirements including diabetic diet and texture modifications, cultural/religious needs, appetite and assistance requirements.

A care plan is developed from dietary requirements form and in partnership with resident/ representative. The nutritional intake care plan is reviewed as part of the monthly care review process or when there are observed changes in eating and drinking.

Monthly weights and urinalysis included on Consumer of the Day checklist and Health Monitoring chart and significant variances are actioned/reassessed.

Review of menu by Catering Manager with input from Dietitian and residents/representative regularly.

Residents have input into the menu through the consumer/representative meeting held monthly and through improvement forms and informal feedback.

Residents on a modified diet and those who report or are suspected to be experiencing swallowing difficulty are referred to the speech pathologist for assessment.

The Dietitian conducts regular visits and as required visits as referred by Doctor, Registered Nurse and weight loss audit.

Diabetic resident management - full review by the Diabetic Educator and GP.

Diet and Nutrition audits are conducted regularly with issues identified actioned.

Resident food satisfaction survey as recommended by Dietitian conducted annually.

Training provided for kitchen and care staff - use of Dietary requirements and change of dietary requirements form.

Development of placemat for all residents ensuring the dietary needs easily identifiable for staff.

Ensure the dining room experience is pleasant.

Quarterly weight / Body Mass Index audit undertaken - Results sent to Dietitian, Registered Nurse.

The home supports residents to maintain adequate and appropriate nutrition and hydration by providing:

Meals cooked fresh every day on site.

A nutritious and varied menu that has been reviewed by a dietitian.

Choice of meals offered

Supplements and food additives to increase nutritional content as required.

A wide variety of colours, textures and types of food.

Availability of snacks at all times.

Meals that take into account individual preferences, likes and dislikes

Acknowledging occasions of significance with special menus

A range of assistive devices

Additional jellies, fruit crush and icy poles in hot weather or for those with reduced hydration.

If you have any concerns with regards to meals, preferences and choices, please communicate with care or kitchen staff as we will be sure to meet your needs where possible.



Marita Seamer