

*Welcome to the October edition of;
“On the Grapevine”
The Myrtleford Lodge Residents
& Representatives Newsletter*



Staying Hydrated in the warmer weather

As spring 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



Activities at Myrtleford Lodge

Myrtleford Lodge residents enjoyed a wonderful morning together with students from the P-12 College. Under the guidance of College Adolescent nurse Rosemary Bunge the year 8 students have planned and set up an Intergenerational program at Myrtleford Lodge and were well supported by many local families. The program was enjoyed by Residents and we look forward to the next visit on Monday 2nd October.



Silvio Facci and Jenny Seewitz both enjoyed getting to know our youngest community members.

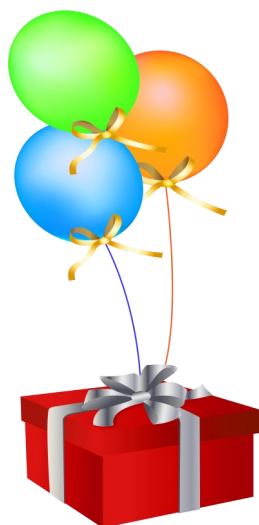
Activities at Myrtleford Lodge



Maria Bonnacci, Olga Feltrin, Mary Farquharson and Kath Evans enjoyed being part of the Intergenerational program which has been a huge success.

Thankyou to the year 8 students from the College, Rosemary Bunge and the community members who attended, we enjoyed a lovely morning together and look forward to the program continuing.





October Birthdays

6th October ~ Laurel Quonoey



8th October ~Stephen Taylor



26th October ~Patricia Waite



27th October ~Shirley Mitchell



30th October ~Grace Reeves



30th October ~Joan McNamara



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

Residents enjoyed celebrating many birthdays

during the month of September, pictured is staff member Beth with a group of ladies wishing her a lovely day.

Bill Westacott was another birthday celebrated during September.



Special Events Calendar

1st October ~ Daylight Savings commences.

Remember to forward clocks 1 hour.



2nd October ~ Intergenerational program



4th October ~ Laughter group

5th October ~ Entertainment with Lynn Smith

10th October ~ Residents Meeting

19th October ~ Cornish History presentation with Petra



24th October ~ Community afternoon tea
at Myrtleford Lodge to celebrate seniors
month.



Every Friday ~ Myrtleford Kindergarten to visit

Wednesdays ~ Country drives, weather permitting

Monday to Friday ~ Exercises with Kevin.

Happy seniors month

Additional activities are listed on the whiteboard daily including some new activities to take in the spring sunshine, gardening group activities, morning walks, morning and afternoon tea in the courtyards along with the popular daily exercises, board and card games, bingo and social gatherings and discussion groups.

Residents are reminded that everyone is always welcome to join in with the activities.

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 feelings 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 age 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.

Activities at Myrtleford Lodge



Myrtleford Lodge has a monthly calendar that includes a variety of daily activities for residents to come along and enjoy.

Exercises with our Physiotherapist Kevin Sevilla are held daily Monday to Friday followed by a long walk and if the weather is

beautiful as it has been of late, morning tea is also enjoyed outside under the gazebo.

The group of ladies pictured below assisted with making



pancakes to be enjoyed together with all residents for afternoon tea.

They were delicious and well received.

Well done ladies.

Activities at Myrtleford Lodge



The Football tipping competition came to a close and winners announced at an afternoon tea held under the beautiful gazebo.

By all accounts the competition was very hotly contested and came down to the last round of the season.

The winner was Barb Finlay, with the runner up Margaret Oakley.

Barb was presented the annual Jack Larkin trophy by Lorraine Clasby.

Jack Larkin was a very big Carlton supporter



who spent many years organizing the tipping competition prior to his passing.

Enjoy the Grand final on the big screen on Saturday 30th September.

A note from the Administration Desk

Dear residents and representatives.

We have had the NBN installed at both facilities to improve the capacity of access to Wi-Fi – however given our location – the Wi-Fi is very unreliable.

Woods Point and Myrtleford Lodge require Wi-Fi for our computers to provide clinical care as well as the activity program. By allowing access to residents – the Wi-Fi becomes more unreliable.

Therefore residents will no longer be able to access the facility Wi-Fi. If you require Wi-Fi you can arrange a net gear (or similar) through Telstra to enable you to access the internet for personal purposes.

We are working with IT for solutions, however Wi-Fi is not a care and service we need to provide.

Visitors to Myrtleford Lodge:

Reminder to all of our families, resident representatives and visitors to please adhere to the guidelines and complete a Rapid Antigen Test prior to entering the facility daily, currently masks are not required to be worn within the facility.

Rapid tests are available from front reception and we are more than happy for you to take a box to complete your testing prior to visiting, we do ask that you bring your negative test with you please.

As always we thank you for your ongoing cooperation, the health and wellbeing of residents is of our utmost importance.

Change of season;

Could we ask family members when visiting to assist residents to declutter rooms and wardrobes, with the change of season and expected warmer weather it's a good chance to go through wardrobes and put away heavy winter items and replace with cooler summer clothes and check to see if any additional items may be required.

A note from the Administration Desk

Sun hats;

With the weather warming up Residents are enjoying the outdoor areas more often with more outings and morning walks on the calendar of events, could we please ask that families check that a sun hat is available to be worn.

Mobile voting station:

The Australian Electoral Commission has advised that they will visit Myrtleford Lodge to set up a mobile voting station for Residents to vote on the upcoming Referendum.

Monday 9th October from 9am to 3pm.

Correspondence will also be sent from the ATO to assist Residents with understanding the YES/NO vote so that Residents can make an informed decision.



Residents Shopping

Families and Representatives are asked to please assist Residents with purchases from the local stores when visiting or assist with having goods delivered to the facility as Myrtleford Lodge staff are unable to do the shopping for the Residents on a daily basis.

After much discussion with Residents through Residents meetings, Activities staff will schedule on the calendar dates approximately fortnightly where the bus will drop residents at one central location only and arrange a pick up and time for residents who are able to complete their shopping, staff will not be in attendance to assist residents to complete their shopping, orders will also not be taken.



Residents are reminded daylight savings commences on Sunday 1st October, forward all clocks 1 hour ahead prior to going to sleep on Saturday 30th September

October Newsletter

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.



Suggestions, Complaints, Improvement forms;

Residents /Resident Representatives are reminded that we welcome your thoughts and feedback.

Improvement forms are available from the front entrance area, please ask Administration Staff for assistance should you require it.