



*Welcome to the November edition of;  
"On the Grapevine"  
The Myrtleford Lodge Residents  
& Representatives Newsletter*

# Antibiotics

Antibiotics are a Useful medicines for treating some bacterial infections.

## What Are Antibiotics used for?

Antibiotics are valuable and useful in treating bacterial infections. Used in the right way , antibiotics saves lives.

Antibiotics do not treat infections caused by viruses such as

- Colds and Flu
- COVID-19
- Most coughs and Bronchitis
- Most Sore Throats

Taking Antibiotics for these infections wont Help but it may increase risk of Antimicrobial resistance and your chance of experiencing side effects like nausea and diarrhoea.

Antibiotics not only kill the bad bacteria that can make you sick, but they also kill the good bacteria that keep you healthy. Without these good bacteria other types of bacteria have more room to grow, possibly leading to other infections.

Antibiotics are important medicines that we rely on to treat infections caused by bacteria e.g. pneumonia.

This does not include viruses (e.g. Flu), Fungi (e.g. Thrush) or parasites (e.g. threadworm or scabies)

When bacteria or the germs that cause an infection cant be treated with common antibiotics, they are call antibiotic-resistant.

The more we use antibiotics, the more bacteria can change, and prevent the medicine from working. Eventually, antibiotics may no longer help cure the infection.

## What can I do to Help?

### **You can prevent Spreading Germs by:**

- Washing your Hands after sneezing or touching your eyes, nose or mouth.
- Coughing into your elbow
- Having vaccinations your doctor recommends you

### **If you get Sick:**

- Ask what you can do to feel better and ease your symptoms while your body recovers- especially for viral infections such as flue , where antibiotics will not help to make you better
- Let your Doctor know that you re worried about antibiotic resistance and only want an antibiotic if you really need it.
- Ask your Doctor if a test can be used to identify what caused you infection.

### **If your doctor prescribes an antibiotic:**

- Make sure you know exactly how long to take the antibiotic
- Never take leftover antibiotics or give them to someone else
- Don't keep any repeats of the prescription just in case of further sickness. Always see your Doctor each time.
- Ask about the risk of taking the antibiotic and weather it can affect your other medication.

## Myrtleford Lodge Representative survey

Myrtleford Lodge Aged Care is conducting yearly Representatives Survey as part of our Continuous Improvement to assess how well the organisation is meeting residents' needs, professional and reasonable expectations, allow us to identify areas for improvement, and to provide the opportunity for all resident representatives to participate in continuous improvement. Representatives who have forwarded an email address or contact number to administration previously will receive this information by email or SMS.

Hold your device over a **QR Code** so that it's clearly visible within your smart phone's screen.



Alternatively, please type this link below to an internet browser to complete the survey.

**<https://www.surveymonkey.com/r/MLrepsurvey2023>**

Thank you for your participation!  
Survey will close on the 30th of November 2023.

## November Special Events Calander

7th November ~ Melbourne Cup Horse Racing  
14th November ~ Residents & Representatives meeting  
Laughter Yoga ~ with Kim Goodman  
Monday 2nd 10:30 ~ Intergenerational Play Group  
Every Friday ~ Myrtleford Kindergarten to visit  
Wednesdays ~ Country drives, weather permitting

Exercise group/walking group ~ daily with Kevin Sevilla,  
Physiotherapist

Additional activities are listed on the whiteboard daily including some new activities to take in the 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.



# Grace Reeves

## 101st Birthday Celebration

Our Beloved Grace Reeves Celebrated her 101st Birthday with us all here at Myrtleford lodge

We have all grown to love our Grace, who at 101 always attending her daily exercised and enjoys the company of others.

We are all privileged to have celebrated your 101 Birthday with you. We all hope you enjoyed you Celebrations

You are one amazing lady Grace Reeves!



## Barwidgee Lodge afternoon Tea

Residents from Barwidgee Lodge joined us for a lovely afternoon tea. Giving Residents a chance to catch up with older friends. They were all having a great time with a little bit of laughter.

Thank you for the great afternoon!



# November Birthdays



- 8th Stephanie Krongberger
- 11th Mary Mappin
- 13th Judith Johnson
- 19th Jennifer Seewitz
- 21st Jack Wright



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



Our October resident Birthday Celebrations Grace, Joan, Laurel, and Shirley.

We hope you all had a wonderful Birthday.

Happy Birthday!





### Activities at Myrtleford Lodge

Intergenerational Playgroup has been a very much welcomed event in our Lodge and community . This has brought the community together with fun and enjoyment by all that participate, Seeing beautiful friendships forming between Residence and Children, It's a wonderful sight too see.

This event is ran by Myrtleford P12 Collage year 8 Students and school Nurse Rosemary Bunge it is going Strength to strength each week. Well Done to the Myrtleford P12 you all should be proud of yourselves.

THANK YOU MYRTLEFORD  
P12 AND FAMILIES!



### Activities at Myrtleford Lodge



Bingo is one of our regular games played here at the lodge. All residence are welcome to join at any time in C wing and down in A wing Italian bingo



Jill, , Diane, and Barbara Peeling the apples to be ready for Samara one of our kitchen staff, to be stewed for desert



In high care paper flowers being made for Christmas decorations and also ball games enjoyed by all.



Our smallest members of our community, children from Mountain view childcare center have commenced regular visits on Friday mornings to Myrtleford Lodge with both children and Residents enjoying the interactions.

These programs are known to create a greater sense of connection, increase feelings of purpose, provide learning opportunities for young people to learn from the elderly and overall better mood.



Residents from low care and high care enjoying the singing and the activities that the children have learnt and presented each week.



We have had Two Lodge Babies visit us during the month of October our Lovely Care Staff Chloe Wilson and Molly Mckibbins bringing there little girls in for a cuddle

We enjoyed the cuddles and the visit from both our girls we wish the best on there parenting while they take time off on Maternity leave



Myrtleford Community put on an picnic in the park and an afternoon tea. Some of our residence attended and enjoyed the wonderful food and company. Thank you to our DT's for diving our residence to these events.



**In Loving Memory**  
**Mary (BETH) Walpole**  
**13/07/1929 - 12/10/2023**

### A note from the Administration Desk;

#### Medicare/Pension/DVA cards:

Reminder to Residents and Representatives to please present any new cards received to Administration Staff so that we may be able to update our records as well as advise our Allied Health professionals .

Currently we have a number of Medicare cards and Pension cards with expired Dates causing some issues for the Pharmacies' and local surgery.

#### 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.

#### Petty Cash

Families and Representatives please assist Residents to assure there petty cash have adequate funds. We still have a number of residents that still require petty cash for hairdresser visits, Resident kiosk and other outings.

## A note from the Administration Desk;

### 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.

### Wi-Fi

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.

### Warmer Weather

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.

Protect yourself in **five ways** from skin cancer



**SLIP**



**SLOP**



**SLAP**



**SEEK**



**SLIDE**

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.**



**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.