



*Welcome to the December
edition of;
On the Grapevine,
The Myrtleford Lodge
Residents and
Representatives Monthly
Newsletter.*

*Management and staff
wish you all seasons
greetings, may you all
enjoy a safe and happy
Christmas and New Year.*

This month I thought it very timely to discuss the Heatwave Policy and Heat Stress:

People aged 65 years and over are at increased risk of heat-related illnesses and need special care in hot weather. Risk factors include chronic medical problems and certain medications.

We need to collectively take steps to prevent heat stress on days when the temperature is predicted to rise above 32°C.

Heat stress occurs when the body can't cool itself and maintain a healthy temperature. The body normally cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising.

Heat stress is also known as hyperthermia.

Heat-related illnesses range from mild conditions such as a rash or cramps to serious and potentially life-threatening conditions such as heatstroke.

Symptoms of heat stress

The symptoms depend on the heat-related illness, but may include:

- hot and dry skin
- Paleness
- rapid heart rate
- muscle cramps
- nausea and vomiting
- disorientation and confusion
- Delirium
- fainting or coma
- worsening of pre-existing medical conditions



Risk factors for heat stress in the elderly

Factors that increase the risk of heat stress in elderly people include:

- **Self-care problems** – some older people are frail or have reduced mobility or mental illness. These factors make it difficult for the person to take adequate care in hot weather.
- **Physical changes** – the ageing body doesn't cope with sudden stresses as quickly as a younger body. For example, on hot days, elderly skin is not able to produce sweat and cool the body as efficiently as younger skin.
- **Chronic medical problems** – older people are more likely to have chronic medical problems. Certain conditions make the body more vulnerable to heat stress.

Medications – older people with chronic medical problems usually take medications on a regular basis. Some medications can hinder the body's ability to regulate temperature.

Suggestions for the elderly to avoid heat stress

It's important to be sensible in hot weather, for example, stay indoors, avoid strenuous activity, wear lightweight clothing, and drink cool water regularly throughout the day.



Pay attention to weather reports – temperatures above 37 °C are particularly dangerous. Act to prevent heat stress on days when the temperature is predicted to rise above 32 °C. Take note of humidity levels too, because sweating is not as effective at cooling you down when the weather is very humid.

- **Reduce caffeine and alcohol** – caffeinated and alcoholic drinks have a mild diuretic action. Limit tea, coffee and alcohol in hot weather.
- **Take note of the colour of your urine** – brown or dark yellow urine suggests dehydration.

Stay cool – draw your blinds and curtains, and turn on your air conditioner and set it to 'cool'.

The heat health threshold is the temperature where illness and death increases once the temperature is exceeded.

In regional Victoria (except Mildura) the heat watch is triggered when a maximum temperature of 36°C or above is forecast.



Bentley Wood will enforce the heat stress policy at 32°C.

In the event of the temperature reaching 32°C the facility will restrict access of all exit doors to prevent any resident leaving the facility unaccompanied. Signage will be placed on all external doors.

Staff must ensure they follow residents' care plans for care in hotter weather and the Heat Wave Management Plan during a heat wave, particularly the following practices;

- Close windows and blinds until the outside temperature is cooler than the inside temperature. OR
- Keep the windows and blinds close to enable the air conditioning system to work effectively. OR
- ensure resident are dressed in light clothing during the day and at night
- Encourage/take residents to cooler parts of the building throughout the day.

Encourage additional fluids throughout the day and night when awake, including those using fans. Discourage caffeinated and alcoholic drinks.

- Commence a Fluid Balance Chart to monitor input and output of high risk residents.

- Activity program staff need to review and adjust the activity program to reduce physical exercise and or outdoor activities that would increase the risk of heat related illness
 - Monitor where residents are throughout the day, particularly those with loss of cognition.
 - Closely monitor those who are unwell.
 - All resident/ representatives will be notified that residents that cannot leave the facility unaccompanied during a heat wave through newsletters and signage.
 - Monitor residents for signs of dehydration and heat related illness and take appropriate action if they become unwell.^{1(p.23)}
- In the event of a power failure the generator will provide backup electricity to ensure common areas remain cool.

Bentley Wood staff will take all necessary steps to ensure residents are not placed at risk during extreme temperature days. We appreciate your cooperation and understanding during these challenging days and understand restricting residents to indoors is frustrating, however we need to ensure the residents are not exposed to heat wave conditions and limit any heat stress symptoms.

If you have any concerns, please do not hesitate to contact the facility for further information.

Marita Seamer
Director of Nursing

Sun smart

Residents are further reminded to in addition to the Heat Stress Policy to be sun smart whilst enjoying the outdoors,

remember to be well covered with a hat and apply sunscreen which is available for use next to the sign out book.



Special events Calendar

1st ~ 1st day of the summer season

~ Happy hour, come along and enjoy an afternoon of friendship.

4th ~ Christmas Decorating

5th ~ Laughter Yoga



6th ~ Card Making with Petra

11th ~ Bus trip to Splatoons Beechworth

12th ~ Residents Meeting 10:45am

15th ~ Christmas Carols by Lynn Smith

21st ~ Local Shopping

22nd ~ Happy hour, Christmas themed.

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.

Happy Birthday

December Birthdays

12th ~ Olga Feltrin

13th ~ Joyce McDonald

19th ~ Richard Richter

22nd ~ Serafina Ruaro



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

Activities at Myrtleford Lodge

Myrtleford Lodge Residents enjoy coming together for Happy hour where an afternoon of friendship is enjoyed. Happy hour on the 22nd December will be an opportunity to celebrate Christmas together, enjoy some music and laughter.

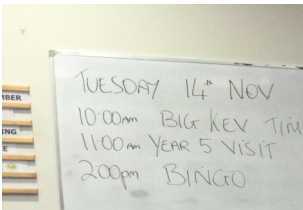
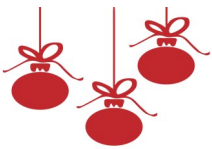
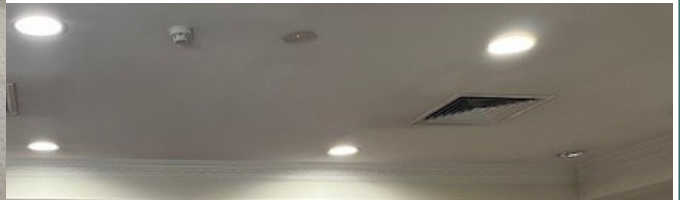


Activities at Myrtleford Lodge

Myrtleford P12 College students continue to visit us regularly each week during the school terms as part of the

Intergenerational program set up and run by school nurse Rosemary Dax to compliment our activities of daily living calendar.

This program has been running for several years and remains one of the highlights of our



events calendar with students and residents forming lovely friendships throughout the course of the year.

Currently the program is gaining much interest from the local media with Residents and children on Win news recently.

Activities at Myrtleford Lodge

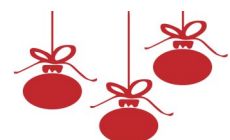
We thank the College for their continued support and wish all students and staff of the college seasons greetings, we look forward to renewing our friendships throughout 2024.



Laughter yoga has been reintroduced onto the calendar with many new faces coming along and finding great benefits from enjoying a good laugh together.



Entertainment by Lyn Smith is also always well attended, we enjoy her beautiful voice and look forward to her returning on December 15th along with her choir to perform carols for us all.



Activities at Myrtleford Lodge

Spring racing carnival;

Residents enjoyed the spring racing carnival at Myrtleford Lodge with the Melbourne cup and Ladies Day enjoyed with sweeps available to enter and drinks and nibbles to share during afternoons of friendship and enjoyment.



Wednesday social group;

Our Italian social group continue to come together each Wednesday to enjoy a morning of various activities. Pictured is one of our volunteers cooking Zeppoles, followed by a game of Bingo with Mirella Glogolia.



Activities at Myrtleford Lodge

Children from the Mountain View Kindergarten have become our regular Friday Morning visitors, along with their carers.

Songs are sung and games are played and during their recent visit a beautiful artwork was presented to the residents.

Stephanie Kronberger proudly displays the artwork.



Our College students together with our parents and babies visiting groups came together to enjoy a Teddy Bears picnic held on the large



lawn area at Myrtleford Lodge. A Lovely morning was enjoyed by all with live music by Adam Lindsay and morning tea.

Activities at Myrtleford Lodge

Myrtleford Lodge residents enjoyed joining in the local festivities as part of Seniors week in the Alpine Shire by attending the Alpine Shire picnic in the park which due to the very cold conditions became the picnic in the hall. Everyone who attended on the day thoroughly enjoyed themselves joining in all of the activities including entertainment, many residents had not heard accordion music for some time.



Activities at Myrtleford Lodge



Many varied activities are enjoyed as part of the activities of daily living calendar. Maria Bonacci pictured participated in one of the recent craft activities,



Hans and Roy enjoyed a game of cards and Stephen and Ron enjoyed a game of pool together.



Pampering afternoons are also enjoyed with hand massages and nails painted whilst enjoying the company of others.



A note from the Administration Desk

Christmas Planning;

Thankyou to everyone who has returned the Residents Christmas planning form to assist Myrtleford Lodge with panning for the very busy Christmas period. Could we please remind Residents and Representatives of the importance of returning the form prior to the 12th December 2023.

Families visiting over Christmas are also reminded to please complete a rapid test prior to entering the facility. Rapid tests are available from front reception.

Residents & Representatives Christmas Party;

This year the Christmas party is being held on 7th December for afternoon tea, festivities commence at 2pm with invitations sent, could we please ask you to RSVP for catering purposes the number of guests that will be attending.

Car parking;

Could we please remind visitors to Myrtleford Lodge to please adhere to the pick up/drop of zone when parking so that our emergency services can utilize the zone in an emergency situation., please don't leave cars in the zone for extended periods.

Please also be reminded to enter and exit the bus road at a slow walking pace to ensure the safety of residents who enjoy crossing to the gazebo regularly.

Clothing labels;

Residents and Representatives are reminded to please ensure any new items of clothing are labelled prior to placing directly into wardrobes, its always unfortunate when a new item that isn't labelled goes missing causing much upset to all.

Administration staff will be able to assist in the ordering of labels which are made onsite at Myrtleford Lodge.

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.



*May your Christmas
be filled with the
magic of love,
the warmth of
family and the joy
of giving.*

*Wishing you all
a beautiful and
Merry Christmas.*

Buon Natale