

*September 2023 edition*

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



*Welcome Spring  
“No matter how long the winter,  
Spring is  
Sure to follow”*

## Dementia Action Week - Act Now for a Dementia-Friendly Future

Dementia Action Week 2023 is from Monday 18 September to Sunday 24 September, with World Alzheimer's Day occurring on Thursday 21 September.

This year's theme is **Act Now for a Dementia-Friendly Future**.

Since 2019, the focus of the Dementia Action Week campaign has been to reduce stigma and discrimination experienced by people living with dementia and their carers.

Communities that take action to become dementia-friendly have:

- less fear and a greater understanding of dementia
- less stigma and discrimination
- more support and better systems for people living with dementia to live well in their community for longer.

During Dementia Action Week, Myrtleford Lodge will display some information pamphlets to assist families and visitors to learn more about the needs of people living with dementia, their families and carers.

Staff will also undertake some refresher education as part of Dementia Action week.



**Dementia  
Australia**™

# What is a Dad?

A Dad is a person  
Who is loving and kind,  
And often he knows  
What you have on your mind.  
He's someone who listens,  
suggests, and defends  
A dad can be one  
of your very best friends;  
He's proud of your triumphs,  
but when things go wrong,  
A dad can be patient  
and helpful and strong.  
In all that you do,  
a dad's love plays a part  
There's always a place for him  
deep in your heart  
And each year that passes,  
you're even more glad,  
More grateful and proud  
just to call him your dad!  
Thank you Dad...  
for listening and caring,  
for giving and sharing,  
but, especially, for just being you.

Author Unknown

Wishing all of our Fathers, Grandfathers and special friends  
Happy Fathers Day, Sunday 3rd September.

## SEPTEMBER NEWSLETTER

### Fathers Day at Myrtleford Lodge



Happy Fathers Day to all of our lovely Father's, Grandfathers and special friends at Myrtleford Lodge, we hope that you enjoyed a special day in your honour.

Stephen, Bill, Richard and Ed were pictured with their gifts, along with Roy Dark who was assisted by Mausham. Happy Fathers Day.



*In loving memory of;*

*John Byrne*

*16/09/1942 ~ 08/08/2023*

*&*

*Rosetta Gasperoni*

*17/03/1937 ~ 12/08/2023*

*May they rest in eternal peace.*

## SEPTEMBER NEWSLETTER

### Activities at Myrtleford Lodge



Myrtleford Lodge Residents enjoy the musical entertainment provided by local group Elysium who have been coming in each month entertaining us with some of the old classics enabling us all to sing along and reminisce.

With the start of spring and some warmer temperatures tempting us to venture out into the garden saw a group of residents tending the vegetable garden.



Joan McNamara and Stephen Taylor did some weeding around the cabbages which are ready to harvest.

## SEPTEMBER NEWSLETTER

### Activities at Myrtleford Lodge

Our monthly calendar of activities includes many interesting and varied fun ideas to engage and include residents. Pictured are residents enjoying a game of indoor tennis using pool noodles and balloons.

Norma Simpson looks to be ready for the challenge and to be enjoying the game.



# SEPTEMBER NEWSLETTER

## Activities at Myrtleford Lodge

Craft and puzzles are always an activity that everyone enjoys however music seems to resonate with everyone.

With the dance floor set and the



music turned on, Maria, Jenny and Judy all enjoyed dancing with some encouragement from Beth, one of our diversional therapists.



Activities at Myrtleford Lodge

Laughter group has made a welcome return to our monthly activities calendar, it's really lovely to hear the laughter, it's very infectious listening to everyone laughing and enjoying themselves, we thank Kym Goodman for volunteering her time to us.



Fun Fact:

Laughing can strengthen our immune system, improve our well-being and reduce stress .





Activities at Myrtleford Lodge

At times the most enjoyable activity is just quietly sitting with a friend enjoying a chat by the warmth of the fire as Heather Ellis and Grace Reeves often do together.



Tombola (Bingo) has become a weekly event with Marella Glogolia coming in to assist and call Tombola for the residents. Marilina Marotta also volunteered her time to make some delicious Bombolini for us to enjoy as a treat for afternoon tea.



## SEPTEMBER NEWSLETTER



### September Special events calendar



1st September ~ Change of season, first day of Spring.

1st & 29th September ~ Happy hour

3rd September ~ Fathers Day

6th, 13th, 20th & 27th ~ Country Drives

11th September ~ Intergenerational playgroup

12th September ~ Residents & Representatives meeting

14th September ~ Birthday Breakfast

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

The calendar of daily events is posted throughout the facility and on the daily notice boards, Residents are welcome to come along and participate in all activities of daily living as part of the activities program.



# Happy Birthday

7th ~ Ingrid Lein

14th ~ Coral Raoss

20th ~ Bill Westacott



Myrtleford lodge Staff and Resident's and staff wish you all a very happy birthday may you enjoy your special day.

Some Photos of a few residents that celebrated birthdays last month, Teresina Nero, Mary Farquharson and Barbra Mackus.

We hope you all had a wonderful Birthday with Friends & Family



## SEPTEMBER NEWSLETTER

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

Intergeneration 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.



Many of children have family members at the lodge and watching the

interactions is really heartwarming for us all.

Did you Know that our lovely Doreen McIlroy was Myrtleford's



most cherished kindergarten teacher for 25 years, Doreen is pictured with coordinator Susie Rinaldo and children from the center.

## SEPTEMBER NEWSLETTER

Aged care employee Day reminds us that there is someone who's dedicated in the care of our elderly and gives us a chance to say Thankyou.

Myrtleford Lodge, as part of the international celebrations said thankyou to all staff who provide care and support as part of our team.

Whilst all staff enjoyed receiving some lovely cards and thankyou messages from families and residents along with morning and afternoon tea, two of our staff members , Steph our lovely RN and Kevin Sevilla our fantastic Physio received boxes of chocolates as a special thankyou from Residents on the day.

Residents expressed that they found it extremely difficult to choose our staff, as all our staff are outstanding. So well done to everyone!



Thank  
You



All staff are very much appreciated for their continued hard work in making a difference in the lives of the residents. Take pride in what you do and keep doing what we do best.

### A note from the P-12 College

#### **Intergenerational Playgroup – From 0-100 and beyond**

A small number of year 8 students from MP12 College, along with the School Nurse Rosemary Bunge are busy organising, a plan to begin an intergenerational playgroup at the Lodge.

Their first actual playgroup will be held on Monday September 11<sup>th</sup>, and they are so excited to get this off the ground. The students have worked hard at planning and promoting this playgroup and have a good number of families who would like to participate, which is wonderful. Watch this space for more news.

## SEPTEMBER NEWSLETTER

### 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.

#### 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.



#### 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.

## SEPTEMBER 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](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.