

# March

*Welcome to the March edition of;  
“On the Grapevine”,  
The Myrtleford Lodge Residents and  
Representatives monthly Newsletter.*

*Autumn carries more gold in it's pocket  
than all the other seasons.*

## **What is an enduring power of attorney?**

An enduring power of attorney is a legal document that lets you appoint someone to make decisions about personal matters (such as where you live) or financial matters (such as paying bills) or both. This person is called an attorney. The power endures - or continues - if and when you are unable to make decisions.

You can limit the power to cover only specific matters, and you can choose when the powers start.

Your attorney cannot make medical treatment decisions for you unless they are also your medical treatment decision maker.

You can make an enduring power of attorney if you are aged 18 years or older and have [decision-making capacity](#) to do so.

**Note:** You can only make an enduring power of attorney for yourself, you cannot make one on behalf of someone else.

## **What happens if you don't make an enduring power of attorney?**

**Important:** You should only make an enduring power of attorney if there is someone you trust, who understands what is important to you, and is willing and able to act on your wishes as far as it is possible to do so. Otherwise, you shouldn't make an enduring power of attorney.

If you don't appoint anyone, and are unable to make a decision when it needs to be made, the Victorian Civil and Administrative Tribunal (VCAT) can appoint someone to make the decision, such as the Public Advocate or a trustee company.

## **What is decision-making capacity?**

You have decision-making capacity if you are able to:

- understand the information relevant to the decision and the effect of the decision
- retain that information to the extent necessary to make that decision

- communicate the decision and the person's views and needs as to the decision in some way, including by speech, gestures or other means.

Capacity is decision specific. A person may have capacity for some decisions but not others.

### **How to choose an attorney**

If you choose to appoint an attorney, it's vital you choose the right person or persons.

This is because you are giving them the power to make important decisions for you at a vulnerable time of your life.

You need to choose someone you trust to stand in your place and make the decision you would make for yourself if you had capacity. They should be unlikely to die before you, and be willing, able and available at the time a decision may need to be made.

You can appoint more than one attorney.

### **What happens when you appoint more than one attorney?**

If you appoint two or more attorneys or two or more alternate attorneys, you should specify how you want them to make decisions.

You may appoint them to act:

- jointly — they must make decisions together (and all sign any document)
- jointly and severally — they can make decisions together or independently (for example, either all sign any document, or one attorney alone can sign any document)
- severally — they can make decisions independently (and one attorney alone can sign any document)
- majority — a majority need to agree to make a decision (and the majority who agree sign any document).

You should ensure that whatever you decide will be a workable arrangement.

## Activities at Myrtleford Lodge



Residents are delighted for the Intergeneration program to have recommenced during February, we warmly welcome back our youngest members of the community along with their parents and the P-12 College students who under the guidance of

Rosemary Dax. Rosemary is instrumental in ensuring the program runs smoothly and for the enjoyment of all.



Giuseppina enjoyed completing some puzzles and June enjoyed getting to know one of the little ones.





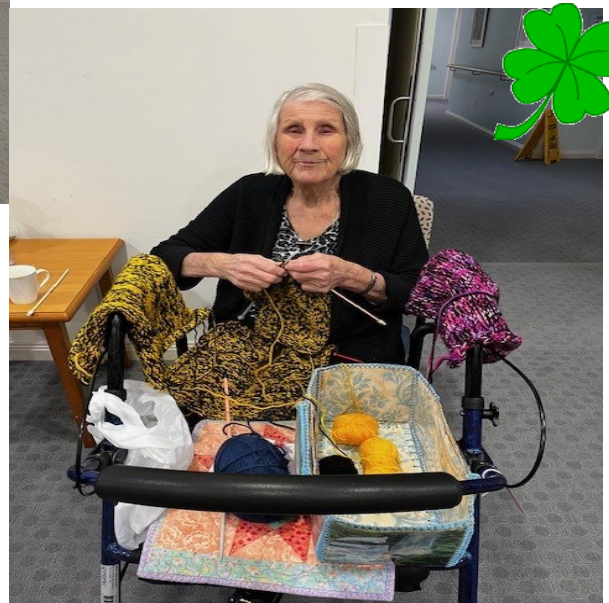
## Activities at Myrtleford Lodge



Daily exercises continue at Myrtleford Lodge from 9.30am with Physiotherapist, Kevin Sevilla. Exercises are often followed by a walk around the block together when the weather permits.

Pat Waite is very often seen with needles and wool in hand knitting some beautiful bed socks. A knitting group has recently been added to the monthly calendar, if you are interested in coming along you would be made very welcome.

Kath Evans enjoyed a visit from her daughter, Linda who often brings in Scoobie who is always a welcome visitor.



## Activities at Myrtleford Lodge

Thankyou to Steven and George who were captured assisting with the folding of the clothing protectors recently, we have many Residents who assist us daily and we thankyou, please know that we appreciate your help.



## Valentines day craft

Pictured are some of the ladies who participated in a craft activity, making woollen hearts to adorn their rooms.

Joan McNamara, June Johnson, Jenny Seewitz, Barbara Mackus and Stephani Kronberger were all happy to show their finished items.



### March Special events

- 1st March ~ First day of Autumn  
 4th March ~ Footy Tipping commences  
 8th March ~ Kindergarten visit 10.30am  
 8th March ~ Jacob and Rita Guitarist and singer  
 11th March ~ Labour Day Public Holiday  
 12th March ~ Residents & Representatives Meeting.  
 17th March ~ St Patricks Day (to be sure to be sure)  
 20th March ~ Lunch outing Red Stag Restaurant



Harmony Day is celebrated annually on the 21st March in Australia. Harmony Day celebrates Australia's cultural diversity.

It's about inclusiveness, respect and a sense of belonging for everyone.

Harmony Day began in 1999, coinciding with the United Nations International Day for the Elimination of Racial Discrimination.

Orange is the colour chosen to represent Harmony, traditionally orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect.

In diversity there is beauty  
and there is strength.

- 29th March ~ Good Friday  
 30th March ~ Easter Saturday  
 31st March ~ Easter Sunday

## Activities at Myrtleford Lodge

Visitors are always warmly welcomed at Myrtleford Lodge, Jack Jackson enjoyed a visit from his sisters recently which he enjoyed immensely.



Residents were also photographed enjoying a variety of activities including, painting, laughter yoga knitting.



March Birthdays at Myrtleford Lodge



1st March ~ Lyn King  
4th March ~ Doreen McIlroy  
20th March ~ Lorraine Clasby



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

*Myrtleford Lodge Resident's enjoy a birthday cake and afternoon tea in their honour on the day of their birthday and a group breakfast together during the month.*



*In loving memory of;*

*Nellie Biffin*

*Angela Squires*

*Myrtleford Lodge Management, Residents and Staff wish to express sincere condolences to family and friends at this sad time.*

*May they rest in eternal peace.*

Myrtleford Lodge have recently introduced some changes in the Food Services Department with the appointment of an additional Chef to compliment our Catering Department team.

Mary Telewik has recently commenced and together with Darryl and Samara, a new menu has been welcomed following much thought and consideration of dietary requirements and together in conjunction with the visiting dietician and resident feedback from meetings and discussion groups.

All meals on both the morning and afternoon shifts are cooked by a qualified chef and the feedback from Residents has been very pleasing, in fact overwhelmingly positive. Our Chef's are really proud of the meals being provided and always welcome any new ideas that Residents may like to see introduced into the menu, the menu and menu options is a monthly agenda item to be discussed at the Residents and Representatives meetings.

Residents are reminded that when asked their menu choice for the day, alternative menu options are always available, please ask one of the catering staff who will be able to assist you with the choices on any particular day.

A reminder to Residents that fresh seasonal fruit is also always available daily, should you like a piece of fruit to be cut up for you, please don't hesitate to ask.

We also remind residents of the rotating table numbers, this is to ensure that each table has the opportunity to receive meals at the designated meal times, we ask for your patience should your table number not be number one, all meals are delivered within a few minutes of each other and at a temperature checked prior to service.





## How you can have input

You can have input into any decision about the menu, meals, drinks and snacks you receive in aged care.

There should be regular meetings between you, meal and care staff, and a dietitian and speech pathologist, regarding the nutrition, quality and presentation of your food, drink and dining experience.

Remember, the final decision on food texture and thickening of drinks is yours.



**No planning about you, without you.**



### Standard 1: Consumer dignity and choice

The consumer-focused **Aged Care Quality Standards** mean that you are supported to exercise choice in the care you receive and the way that it is delivered (Standard 1(3)).

Meal and care staff, speech pathologists and dietitians will communicate their recommendations and reasons in a way that allows you to make an informed decision.

## Where to go for help

If you have any concerns about your menu, nutrition and meal experience:

1. talk to your aged care provider in the first instance
2. speak with an aged care advocate at the Older Persons Advocacy Network (OPAN) on **1800 700 600** or visit [opan.com.au](http://opan.com.au), for support to raise your concerns, and/or
3. phone the Aged Care Quality and Safety Commission's Food, Nutrition and Dining Hotline on **1800 844 044** (free call), 9am – 5pm AEDT, Monday to Friday if you wish to speak with professionals about issues, ideas or concerns in relation to an enjoyable food, nutrition and dining experience in an aged care service. Alternatively, you can contact the Commission's general enquiries line on **1800 951 822** (free call).

## Further resources

### Swallowing

Additional fact sheets on swallowing are available at [www.agedcarequality.gov.au/consumers/food-dining-and-nutrition](http://www.agedcarequality.gov.au/consumers/food-dining-and-nutrition):

- Supporting safe and enjoyable mealtime for people with swallowing difficulties fact sheet
- Informed choice and supported decision making for people who eat and/or drink when there may be a risk.



**Phone**  
1800 951 822



**Web**  
[agedcarequality.gov.au](http://agedcarequality.gov.au)



**Write**  
Aged Care Quality and Safety Commission  
GPO Box 9819, in your capital city

## ***Business Tagline or Motto***

### Improvement Forms:

As part of our Continuous Improvement, Myrtleford Lodge welcome your feedback should you have a Suggestion, Complaint or Compliment.

All Improvement forms are followed up and actioned by the Director of Nursing and Deputy Director of Nursing.

Forms are available near the Front Reception or alternatively ask one of our staff members to assist you or contact us by phone or email.

### Visitors to Myrtleford Lodge:

Myrtleford Lodge reminds all visitors coming in to the facility that a negative Rapid Antigen Test is required daily as per the Department of Health and Ageing guidelines. Masks are no longer required to be worn. We ask all visitors to please adhere to these guidelines as the Health and Safety of our Residents is paramount.

Should you be feeling unwell, we ask that you please visit when you are feeling better.

### 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.**



**Bentley Wood Aged Care acknowledges and respects the diversity of our community and our consumers.**





*Happy  
Easter!*

*Myrtleford Lodge Management and Staff wish you  
all a very Happy Easter.*

*Buona Pasqua!*