

Bentley Wood Newsletter

Incorporating Yarrawonga and Myrtleford facilities

January 2023



The Year that was at Bentley Wood

2022 has been a very busy year for us all at Bentley Wood –with many residents coming and going, both Respite and Permanent Care Residents.

The Covid Pandemic has certainly provided many challenges for all. We thank you for your patience with regards to visiting and screening required on entry. It has ensured we have been able to keep everyone safe.

Let's continue to ensure we abide by the rules and not risk our most vulnerable.

Here is a summary for 2022:

- We have seen 68 new residents in Yarrawonga and 52 in Myrtleford. A combination of respite and permanent residents, which were admitted to Bentley Wood for varying lengths of stay.
- 47 new staff have commenced in Yarrawonga and 19 in Myrtleford. We are always looking to employ more staff
- We currently employ 73 staff at Myrtleford Lodge and 115 at Yarrawonga.
- We have received over 1000 documented incidents.
- We have received over 50 documented improvements and suggestions
- We have reviewed and updated over 100 policies and procedures.
- We have completed over 180 audits on a full range of areas.
- We have completed over 50 quality activity reports.
- We have received and fixed hundreds of maintenance requisitions.



Resident survey

Myrtleford: satisfaction rate of 99%

Yarrawonga: satisfaction rate of 97%

This identifies a strong indication that the organisation is meeting the vast majority of needs. Thank you for all the lovely comments about the staff.

Resident / Representative survey:

Myrtleford: satisfaction rate of 95%

Yarrawonga: satisfaction rate of 97%

This is a great result. Every resident at Bentley Wood - is treated with respect and according to the Charter of Care Recipients' Rights and Responsibilities displayed throughout the facility. The staff ensures the care provided is according to best practice and this is evidenced through our accreditation history, the overwhelming positive results of the resident and resident representative survey and the formal and informal discussions held with all key stakeholders.

Staff survey

Myrtleford: 98% satisfaction.

Yarrawonga: 99% satisfaction.

The results are a reflection of the majority of staff focusing on high standards of resident care and service, respect and professionalism, and teamwork.

We have dished up countless meals to residents, visitors and staff from our kitchen, with all meals being prepared on site under the guidance from our visiting Dietitian.

We have celebrated all the resident's birthdays during the year.

I would like to thank all the staff for their tireless work, humour, commitment to the residents and professionalism in the care and services they deliver. I know all the residents appreciate your efforts.

We face many challenges every day and celebrate many occasions and although we may not get it right all the time, every effort is made to ensure the residents are secure, happy and respected.

We would also like to make special mention of our fabulous residents for your positive outlook and appreciation for your life at Bentley Wood.

We thank all our external services such as hairdresser, volunteers, medical staff, allied health staff and contractors.

We also thank representatives, volunteers, staff and visitors for understanding what Bentley Wood is about and the positive communication you share with us.

We look forward to a successful and happy 2023 and let's work together to maintain all our safety.

Please when visiting wear your mask correctly and maintain social distancing at all times.

May we continue to face the successes and challenges together at Bentley Wood.

Website: www.bentleywoodpl.com.au

Marita Seamer - Director of Nursing



Vascular Dementia – What is it?

Vascular dementia is a general term describing problems with reasoning, planning, judgment, memory, and other thought processes caused by brain damage from impaired blood flow to your brain.

You can develop vascular dementia after a stroke blocks an artery in your brain, but strokes don't always cause vascular dementia. Whether a stroke affects your thinking and reasoning depends on your stroke's severity and location. Vascular dementia can also result from other conditions that damage blood vessels and reduce circulation, depriving your brain of vital oxygen and nutrients.

Factors that increase your risk of heart disease and stroke — including diabetes, high blood pressure, high cholesterol, and smoking — also raise your vascular dementia risk. Controlling these factors may help lower your chances of developing vascular dementia.

Symptoms:

Vascular dementia symptoms vary, depending on the part of your brain where blood flow is impaired. Symptoms often overlap with those of other types of dementia, especially Alzheimer's disease dementia. But unlike Alzheimer's disease, the most significant symptoms of vascular dementia tend to involve speed of thinking and problem-solving rather than memory loss.

Vascular dementia signs and symptoms include:

- Confusion
- Trouble paying attention and concentrating
- Reduced ability to organise thoughts or actions
- Decline in ability to analyse a situation, develop an effective plan and communicate that plan to others
- Slowed thinking
- Difficulty with organization
- Difficulty deciding what to do next
- Problems with memory
- Restlessness and agitation
- Unsteady gait

Vascular dementia

is caused by problems in the **supply of blood** to brain cells due to conditions like:



High blood pressure
(hypertension)



Irregular heart rhythms
(arrhythmias)



Damage to brain arteries
from disease

- Sudden or frequent urge to urinate or inability to control passing urine
- Depression or apathy

Vascular dementia symptoms may be most clear-cut when they occur suddenly following a stroke. When changes in your thinking and reasoning seem clearly linked to a stroke, this condition is sometimes called post-stroke dementia.

Sometimes a characteristic pattern of vascular dementia symptoms follows a series of strokes or ministrokes. Changes in your thought processes occur in noticeable steps downward from your previous level of function, unlike the gradual, steady decline that typically occurs in Alzheimer's disease dementia.

But vascular dementia can also develop very gradually, just like Alzheimer's disease dementia. What's more, vascular disease and Alzheimer's disease often occur together.

Studies show that many people with dementia and evidence of brain vascular disease also have Alzheimer's disease.

Causes

Vascular dementia results from conditions that damage your brain's blood vessels, reducing their ability to supply your brain with the amounts of nutrition and oxygen it needs to perform thought processes effectively.

Common conditions that may lead to vascular dementia include:

Stroke (infarction) blocking a brain artery.

Strokes that block a brain artery usually cause a range of symptoms that may include vascular dementia. But some strokes don't cause any noticeable symptoms.

These silent strokes still increase dementia risk.

With both silent and apparent strokes, the risk of vascular dementia increases with the number of strokes that occur over time. One type of vascular dementia involving many strokes is called multi-infarct dementia.

Brain haemorrhage.

Often caused by high blood pressure weakening a blood vessel leading to bleeding into the brain causing damage or from build-up of protein in small blood vessels occurring with aging weakening them over time (cerebral amyloid angiopathy)

Narrowed or chronically damaged brain blood vessels.

Conditions that narrow or inflict long-term damage on your brain blood vessels also can lead to vascular dementia. These conditions include the wear and tear associated with aging, high blood pressure, abnormal aging of blood vessels (atherosclerosis), diabetes.

Risk factors

In general, the risk factors for vascular dementia are the same as those for heart disease and stroke. Risk factors for vascular dementia include:

Increasing age.

Your risk of vascular dementia rises as you grow older. The disorder is rare before age 65, and the risk rises substantially by your 90s.

History of heart attacks, strokes or ministrokes.

If you've had a heart attack, you may be at increased risk of having blood vessel problems in your brain. The brain damage that occurs with a stroke or a ministroke (transient ischemic attack) may increase your risk of developing dementia.

Abnormal aging of blood vessels (atherosclerosis). This condition occurs when deposits of cholesterol and other substances (plaques) build up in your arteries and narrow your blood vessels. Atherosclerosis can increase your risk of vascular dementia by reducing the flow of blood that nourishes your brain.

High cholesterol. Elevated levels of low-density lipoprotein (LDL), the "bad" cholesterol, are associated with an increased risk of vascular dementia.

High blood pressure. When your blood pressure's too high, it puts extra stress on blood vessels everywhere in your body, including your brain. This increases the risk of vascular problems in the brain.

Diabetes. High glucose levels damage blood vessels throughout your body. Damage in brain blood vessels can increase your risk of stroke and vascular dementia.

Smoking. Smoking directly damages your blood vessels, increasing your risk of atherosclerosis and other circulatory diseases, including vascular dementia.

Obesity. Being overweight is a well-known risk factor for vascular diseases in general, and therefore, presumably increases your risk of vascular dementia.

Atrial fibrillation. In this abnormal heart rhythm, the upper chambers of your heart begin to beat rapidly and irregularly, out of coordination with your heart's lower chambers. Atrial fibrillation increases your risk of stroke because it causes blood clots to form in the heart that can break off and go to the brain blood vessels.

Prevention

The health of your brain's blood vessels is closely linked to your overall heart health. Taking these steps to keep your heart healthy may also help reduce your risk of vascular dementia:

Maintain a healthy blood pressure. Keeping your blood pressure in the normal range may help prevent both vascular dementia and Alzheimer's disease.

Prevent or control diabetes. Avoiding the onset of type 2 diabetes, with diet and exercise, is another possible way to decrease your risk of dementia. If you already have diabetes, controlling your glucose levels may help protect your brain blood vessels from damage.

Quit smoking. Smoking tobacco damages blood vessels everywhere in your body.

Get physical exercise. Regular physical activity should be a key part of everyone's wellness plan. In addition to all of its other benefits, exercise may help you avoid vascular dementia.

Keep your cholesterol in check. A healthy, low-fat diet and cholesterol-lowering medications if you need them may reduce your risk of strokes and heart attacks that could lead to vascular dementia, probably by reducing the amount of plaque deposits building up inside your brain's arteries.

Article courtesy of the Mayo Clinic
<https://www.mayoclinic.org/diseases-conditions/vascular-dementia/symptoms-causes/syc-20378793>





Yarrawonga

7th Neville Limbrick
Don Paterson

8th Michael Widdup

12th Doreen Cassidy
Mavis Dillon

15th Dorothy Thomas

19th Noel Pallot

26th Loris James

Myrtleford

21st John Davidson
Susie Draper

31st Joe Cannizzaro

Resident Activities

The Residents in Wing 5 at Yarrowonga all came together for a special Christmas Morning tea and low and behold we had two special visitors. Santa Josh and his sidekick Seth the Elf (no he wasn't sitting on the shelf!) came along to hand out some Christmas cheer and gifts. The residents thoroughly enjoyed the event.



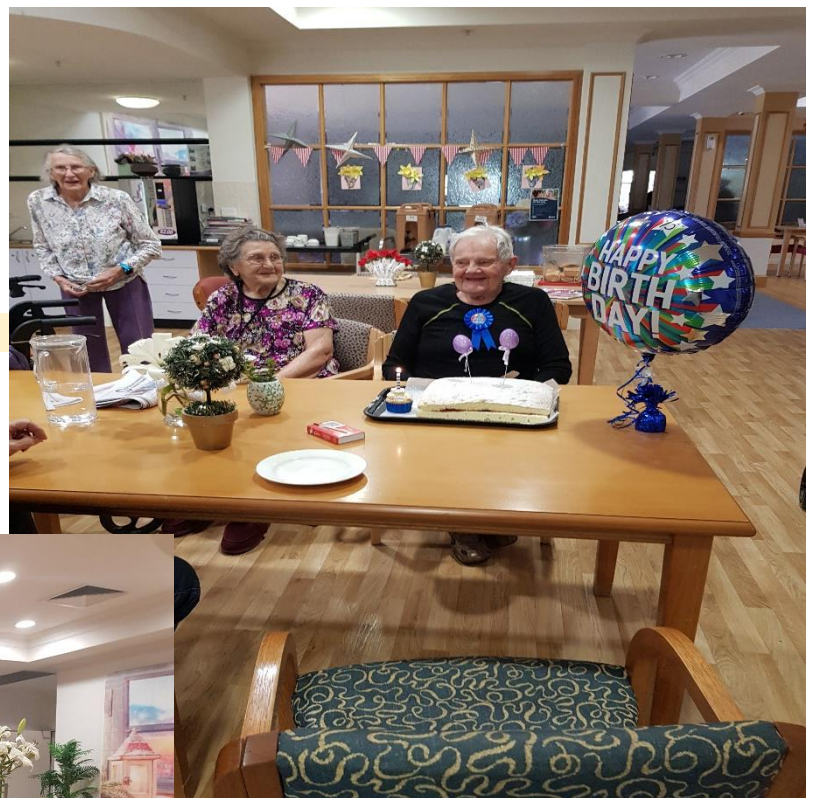
Pet Therapy

Marion with her little "Lily" who recently came for a visit.



Birthdays at Myrtleford Lodge

Myrtleford Lodge celebrated several birthdays during December with two of our Residents celebrating 90th Birthdays, Richard Richter and Olga Feltrin both pictured celebrating with an afternoon tea in their honour.



Myrtleford Lodge Activities



Residents from Myrtleford Lodge enjoyed a walk to the local Phoenix Tree as part of the morning exercise program with Kevin, Physiotherapist, and Zaira Diversional Therapist.



Prior to Christmas there was a hive of activity as the craft group made all of the finishing touches to the preparations. The facility looked beautiful and a big thanks to everyone who assisted. Pictured are Nancy, Doreen and Rosemary who were busy making Christmas Cards.



Hand massages are a popular activity on the calendar. Lorraine received a beautiful massage from Diversional Therapist Beth Gracie, whilst Vera and Doreen enjoyed a soothing soak prior.



Our Deepest Sympathy

*Management and staff
of Bentley Wood wish
to pass on their
condolences to family
and friends of residents
who have sadly passed.*

Yarrowonga

Joan Sturzaker

Terence Megarrity

Joyce Bavage

Myrtleford

Maureen Cerini

Audrey Busst

