

BENTLEY WOOD NEWSLETTER

INCORPORATING
YARRAWONGA AND MYRTLEFORD FACILITIES

JUNE 2023



10 Benefits of residential aged care

Weighing up the pros and cons of leaving your own home to live in a residential aged care centre can be challenging and at times emotional. While it may seem easier to stay in the comfort and familiarity of your own home, moving into a residential aged care centre has a long list of benefits for both you and your loved ones.

A residential aged care centre is a purpose-built community that you can call home, where you can receive professional and personalised care in a safe and supported environment. These facilities are sometimes referred to as “aged care homes” or “nursing homes”. Residential aged care centres are best for people who can no longer live independently at home or need 24/7 care and support.

Residential aged care centres will provide you with around-the-clock care if required as well as support and services required to maintain your quality of life.

So, with these things in mind, what are the benefits of residential aged care?

1. Professional and personalised care

In a residential aged care centre, you'll be cared for 24/7 by highly trained and qualified staff according to your personalised care plan, which is developed in consultation with you, to suit your individual care needs. You'll also have access to a network of trusted allied health professionals. You can enjoy peace of mind knowing that staff are effectively monitoring your health to ensure the level of care and support you receive caters to your changing needs over time.

Depending on your care needs, you will receive both personal care and clinical care. Personal care includes help with bathing, eating, taking medications, and carrying out health treatments. Clinical care can include special bedding and services such as speech therapy, podiatry, and physiotherapy.

2. Support with day-to-day tasks

Living in a residential aged care centre means that daily household tasks like cleaning, cooking, gardening, and laundry are taken care of. All meals and refreshments are prepared for you and menus are designed in consultation with you. If necessary, a dietician will work with you and the provider to ensure you're provided with nutritionally balanced and healthy meals. Typically, you'll receive three meals a day, plus morning tea, afternoon tea and supper. When you move into an aged care centre, you can also let staff know if you have any special dietary requirements to meet medical, cultural, or religious beliefs.

3. Social connection

Living in an aged care centre can give your social life a makeover, introduce you to new people and help you build new friendships. Most residential aged care centres offer a program of activities to support your social, mental, and physical wellbeing. Some examples can include craft groups, men's shed activities, movies, musicians, cards, knitting groups, pet therapy and visits from local school children. Many aged care centres also offer social bus outings to the shops, theatre, or cafes.

4. Comfortable accommodation

When moving into residential care, you'll have a choice of care suites and facilities to choose from, such as a private or shared suite, and a private or shared bathroom. Your care suite will include all the essential furniture and furnishings such as appropriate bedding, a bedside table, wardrobe and draws, armchairs and toiletries. Some aged care centres may also provide other furnishings like a television too. You will be able to personalise your room with small items like photos, artwork, and keepsakes. Depending on the size of your room, it may even be possible to take some of your own furniture items from home such as a favourite chair or computer.



5. Shared facilities

Most residential aged care centres have a variety of shared facilities and spaces to enjoy and mingle with other residents. These facilities can include dining and lounge rooms with all the comforts of home, landscaped courtyards, and gardens to enjoy the sunshine and fresh air, as well as on-site cafes and kiosks. Some aged care centres also have libraries, community rooms, gyms, and pools.

6. Medical and health services

Residential aged care centres can help you manage regular medical appointments, obtain prescribed medication, recommend specialists, and even arrange on-site visits from health providers if required. This could include doctor appointments, physiotherapy sessions, podiatry services or consultations with a dietician. Staff will organise these appointments or sessions for you and take the stress out of managing your own healthcare.

7. Family and friends

When you move into an aged care centre, your family and friends are welcome to visit you as often as they like. However, it's always best for your loved ones to check if there are any special visiting arrangements in place at your care centre before they visit, especially during COVID-19 where many providers have certain visiting arrangements in place to protect the health, well-being, and safety of its residents. Under normal circumstances, however, you can go on social outings with your friends and families, and stay connected with them via regular visits, phone conversations and video calls.

8. Respite care

Respite care is another benefit of residential aged care centres and can be an option for support when your loved one or carer takes a break. Respite residents live alongside current aged care residents and receive the same care, support, services, and benefits. Everyone's individual situation is different. You can choose to access respite services as often as you like, and it will be subsidised by the government for a maximum of 63 days in any financial year.

9. Specialised support

It's important to ensure the residential aged care centre you're considering moving in to can provide the appropriate level of care you need. As your needs change over time, you may want to ensure your chosen aged care centre can move you to a new suite that better caters for your needs. The good news is that many aged care centres specialise in general, dementia and palliative care, and have specialised suites that cater for each of these care needs.

10. Additional services

The additional services available to you will vary between each aged care centre. Services can include things like an on-site hairdresser, delivery of a newspaper, fresh flowers, Foxtel in your room, and a wine or beer with dinner. These services may be charged via a pay-as-you-use system, where you choose what services, you wish to pay for, or as part of a package or bundle deal.

Ready to make the move?

Reaching the decision to move out of your home can take time as you weigh up the pros and cons, discuss options with your loved ones, and consider advice from your GP or health care professional.

If you're frequently hospitalised to manage your health, or it's not safe for you to live at home anymore, you might be ready for residential aged care.

Another factor for consideration is the cost of your residential aged care. This will depend on the style of accommodation you choose and your individual financial circumstances. Depending on your situation, you may also be eligible for government funding. Remember, it's always best to get independent legal and financial advice.

Article courtesy of IRT Group



[10 benefits of residential aged care - IRT](#)



June 2023

Yarrawonga

- 1st Eileen Keatley
- 3rd Emily (June) McCabe
- 13th Joyce Duus
- Carmel Levett
- 15th Brian Bennett
- Teresa Mitchell
- 19th Cam Blackley
- Annie Watson
- 21st Robert Adams
- 26th Juliana Abraham

Myrtleford

- 2nd Lynne Hulley
- Janet Martin
- 15th Herman Van Heek
- 17th Zena Atkinson
- 21st John Abbott
- 23rd June Johnson
- 25th Patricia Hogg
- 29th Nellie Biffin



With Deepest Sympathy

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

Yarrawonga:

Ben Nowell

Pamela Gibbons

Myrtleford:

Lazlo Fenay

Jean O'Neill

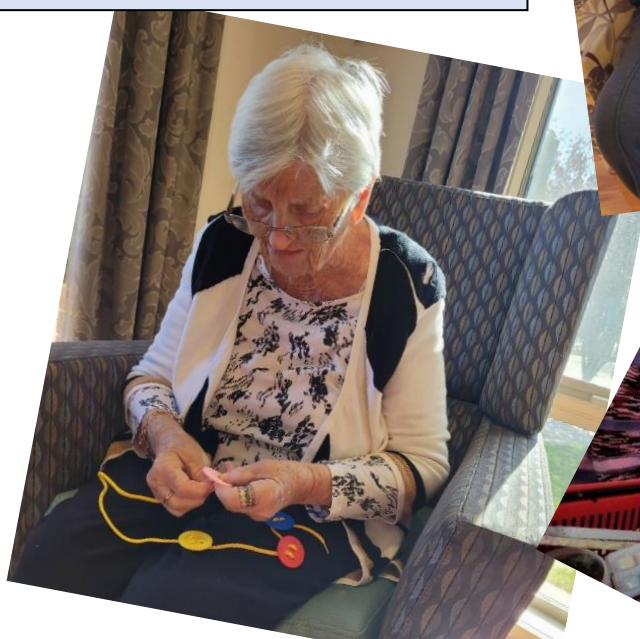
Irma Peruzzo



Resident Activities at Woods Point

The residents at Woods Point have been busy over the past month with art and craft including craft that assists them with their fine motor skills.

The Easter period was also a busy time for art and craft with Residents involved in projects with an Easter theme.



Resident Activities at Woods Point

During May, Year 10 Students from P12 College in Yarrawonga came to Woods Point as part of a regular visitation program that has been set up.

The students enjoyed mingling with the residents and participated in playing some games. The residents thoroughly enjoyed this activity with the younger ones.



Resident Activities at Woods Point

As reported last month, Des Jones had his 100th Birthday on the 4th of May. The residents at Woods Point helped him celebrate with an afternoon tea and a beautiful cake made by our Chefs. Later that day, Des had a party at the RSL Club which was attended by family and friends.

Des received a lot of cards including one from the King and one the Prime Minister as well as other government dignitaries.

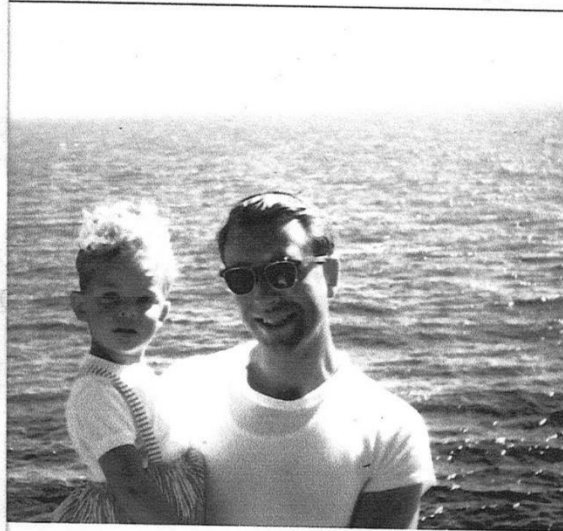
Herewith a few photos from the afternoon tea at Woods Point.



Hans Van Heek 100th Celebration



HANS .
THE
STUDENT .



HANS AND .
SON ROBERT .



HANS + BETTY'S WEDDING . IN INDONESIA .

I was born in Arnhem on the 15th of June 1923. My father was Leonardus, Antonius Gerardus van Heek. My mother was Wilhelmina Berendina Pol. We moved quite a bit - I had 4 primary schools and finally settled in Rotterdam, where I had my secondary education. I followed a planters' course at the Biskop Horticultural College and did some practical work in a nursery.

As the second world war had broken out, I continued studying and obtained two diplomas in bookkeeping/accounting and a diploma in commercial English. The thought was that farm labour would be safe and I became a labourer at a huge sugar beet and potato farm with big Caterpillar tractors, near Humansdorp in South Holland. I was called up to go to Germany and through my mother's contacts I was able to find a farm in the south of Holland, where I could shelter as a fugitive and assist with the farm work. I did all the jobs, such as ploughing with a horse, etc.

However I never milk the cows. I had to hide a few times in straw stacks, when the Germans were looking for men and I moved between 3 farms. In October 1944 the British army arrived in our village (Mill in North Brabant) and I joined them as a sergeant interpreter at the HQ of the Royal Engineers, 8th Corps and went into Germany with them.

After the North part of Holland had been liberated, the Dutch Government made plans to send people to Indonesia. I obtained a discharge from the British army in Nov. 1945, joined The Netherlands Indonesian Civil Affairs. On the 1st of May 1946 we landed in Djakarta, where the British army controlled the area. I joined the Rubber Fund, an organization to reopen plantations. The fighting was still going on and we had to have our guns always at the ready. As I did not see much future being a planter, I joined the "Netherland/Indonesia Airways" which was managed by the KLM Airways, sometime later. I started as a booking clerk in March.

. I was married on the 27th of December 1948 to Betty in Djakarta. Being married, I could not travel anymore, and Soekarno became the president of the Indonesian Republic. The writing was on the wall, that there was no future for the Dutch in Indonesia.

I resigned from the KLM in Feb. 1950 and booked on the ship "New Holland" to Australia. We arrived in Melbourne with a few pounds, as we were not allowed to take much money out of Indonesia. Luckily, we

received 30 pounds from the Australian Government, having paid for our own voyage and got a place in Murumbeena and later moved to Camberwell. I got a job as a freight clerk in the "Australia National Airways" in April 1950 at 8 pounds a week and joined Shell Comp as a clerk in Accounts in May 1951.

We bought a block of land, without a road and water, in Clifton Street, North Balwyn.

As an owner builder, we arranged to have a house build to a lock-up stage, connected to the water main in the next street with a private line and had a kerosene water heater and an outside dunney.

We moved into the half-finished timber house in August 1951, costing eventually 2367 pounds including the land. I enjoyed manual work and learning a bit of the building trade. Our son Robert was born there, on the 13th of October 1954.

On the 23/7/1957 we were naturalized, ending all the hardships of being immigrants. Having a horticultural education, I was transferred from the Shell Accounts department to the Shell Chemical Co. After a while I got a job being responsible for the costing of all the products and doing the profitability reports. We lived in a brick veneer house built in Elsie Street Seaford for 17years, while Robert grew up. Being not far from my retirement, we decided to move and bought a 2/3-acre Dudson Close, Mt. Eliza.

I retired in 1983, got frequent call backs to do special jobs, which were interesting and financially rewarding. The call backs lasted until I became 70 years old. We always had a caravan, with which we spent our holidays at the Wilson's Prom. After my retirement we travelled widely with the caravan in Australia. However, getting older, Betty did not like traveling with a caravan anymore.

We bought a two-year-old (three bedroom) house on one acre in, as a holiday house. (1993) I had a lot of clearing trees and bushes to do, making a drive having a garage built. All this, I enjoyed very much. After looking around, we had a movable two-bedroom cabin built and set it down in a caravan park in Inverloch. Travelling to Inverloch became also too much, so we sold it in November 2001. Since then our trips have been restricted to the Mornington Peninsula, still the best place in Victoria.

I soon became a member of the Body Corporate committee in a retirement village. I wrote tutorials for the Word program, computer basics and the Internet and in the first year there was quite some enthusiasm to learn how to use a computer. During 2007 the Body Corporate committee went through a difficult time establishing the Village as a self-sufficient entity, not being assisted by the developer, having trouble with their cash flow.

Hans moved to Myrtleford in May of 2018 where he lived in a unit in Prince Street then very happily in Elgin Street before becoming a resident at the Lodge.

FOOD SAFETY & Food brought into the facility.

1. Whilst this is the residents' home, due to food safety requirements staff cannot be responsible for food brought in by residents or their relatives.
2. Food should be kept at an acceptable temperature by bringing it in a suitable container such as; insulated bag + an ice brick or a thermos flask.
3. Foods of high risk such as, cold meats, cooked chicken, pate or meat spreads, pre-prepared/packaged fruit or vegetable salads e.g. from salad bars, seafood, soft serve ice-cream, poultry, fish, dairy products, meat, eggs, rice brought in by the resident or relatives /friends must be consumed at the time of being brought to the facility. Staff must not store these food items or reheat them.
4. Food of low risk such as, biscuits, unfilled cakes, fruit, lollies are acceptable to be stored in sealed containers in the residents' rooms and served.
5. You **must not** give brought in food to other residents not only because of the food safety requirements but because the resident may have an allergy or a medical condition that may prevent them from eating the food, including the possibility that they may choke. Refer also to the Food Safety Tips fact sheet – a copy has been provided in the Resident meeting Minutes folder in the lounge.

Mother's Day



In my heart are many memories of the loving things you've done, and today I



want to tell you I'm thankful for each one. There is a special memory I'd like to mention too... Ever since I can remember, I remember Loving You

Pearls Retirement

You've worked hard, you've come so far, I hope you know how blessed you are!

New tomorrows, brand new plans, all of them in your hands.

You'll have more hours in the day to hope, to dream, to rest and play.

You'll find new ways to be inspired.



Congratulations!

You've now retired.



Birthday Breakfast



A Little Older - a lot more Fabulous
Happy Birthday!

ITALIAN DOUGHNUT MAKING



*Just A little Taste of Italy
for All to Enjoy*

