

Welcome to the July edition of;  
“On the Grapevine”

The Myrtleford Lodge Residents  
& Representatives Monthly  
Newsletter

“We cannot stop the winter or the  
summer from coming. We cannot  
stop the spring or the fall or make  
them other than they are. They  
are gifts from the universe that we  
cannot refuse. But we can choose  
what we will contribute to life  
when each arrive”

AUTHOR UNKNOWN"

## National Diabetes Awareness week July 14th—20th

The diabetes epidemic is one of the largest and most complex health challenges Australia has faced. It touches millions of lives across the country and impacts every part of our health system.

And its impact is growing. In the past 20 years, the numbers have dramatically increased by around 220%. If the growth rates continue, there will be more than 3.1 million Australians living with diabetes by 2050 and the annual cost is forecast to grow to about \$45 billion per annum in this time.

Too many Australians with type 2 diabetes are in a bad relationship with their heart. [Take Diabetes 2 Heart](#) is about inspiring people with diabetes, and the people who love them, to take positive steps to better heart health.



### What is Diabetes

Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose (or blood sugar), which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerve.

Symptoms of diabetes may occur suddenly. In type 2 diabetes, the symptoms can be mild and may take many years to be noticed.

Symptoms of diabetes include:

- feeling very thirsty

- needing to urinate more often than usual
- blurred vision
- feeling tired
- losing weight unintentionally

Over time, diabetes can damage blood vessels in the heart, eyes, kidneys and nerves.

People with diabetes have a higher risk of health problems including heart attack, stroke and kidney failure.

Diabetes can cause permanent vision loss by damaging blood vessels in the eyes.

Many people with diabetes develop problems with their feet from nerve damage and poor blood flow. This can cause foot ulcers and may lead to amputation.

### Type 1 diabetes

Type 1 diabetes (previously known as insulin-dependent, juvenile or childhood-onset) is characterized by deficient insulin production and requires daily administration of insulin. In 2017 there were 9 million people with type 1 diabetes; the majority of them live in high-income countries. Neither its cause nor the means to prevent it are known.

### Type 2 diabetes

Type 2 diabetes affects how your body uses sugar (glucose) for energy. It stops the body from using insulin properly, which can lead to high levels of blood sugar if not treated.

Over time, type 2 diabetes can cause serious damage to the body, especially nerves and blood vessels.



Type 2 diabetes is often preventable. Factors that contribute to developing type 2 diabetes include being overweight, not getting enough exercise, and genetics.

Early diagnosis is important to prevent the worst effects of type 2 diabetes. The best way to detect diabetes early is to get regular check-ups and blood tests with a healthcare provider.

Symptoms of type 2 diabetes can be mild. They may take several years to be noticed. Symptoms may be similar to those of type 1 diabetes but are often less marked. As a result, the disease may be diagnosed several years after onset, after complications have already arisen.

More than 95% of people with diabetes have type 2 diabetes. Type 2 diabetes was formerly called non-insulin dependent, or adult onset. Until recently, this type of diabetes was seen only in adults but it is now also occurring increasingly frequently in children.

### Activities at Myrtleford Lodge



Thankyou to our volunteers, Mirela and Marinela who assisted the residents with making a beautiful lunch of fresh gnocchi.



*Bellissima*

## Activities at Myrtleford Lodge



With some cooler weather having arrived, winter activities have commenced with Residents enjoying Bingo Happy Hour (Bingo with a glass of wine and biscuits), Indoor bowls, cards and craft.

Both Stephen and Johan enjoy a game of indoor bowls as well as a game of pool together on most days.

Maria Bonacci enjoys a game of cards and Joan and Barbara enjoyed some craft activities.





## Activities at Myrtleford Lodge

The winter sunshine after some frosty mornings continues to bring us all outdoors together to enjoy some exercise. The exercise group continues every weekday with Kevin Sevilla our Physiotherapist commencing at 9.30 am followed by a walk either around the block or up along the bus road, everyone is welcome to come along, families included.





## Activities at Myrtleford Lodge



June has been a very busy month at Myrtleford Lodge with a invitation to everyone to join us for morning tea, the Elder Rights Advocacy education provided to both staff, Residents & Representatives, a special luncheon on the 25th June with the menu choices chosen by the

Residents themselves following a vote taken.

Our activities program continues to build with the assistance of volunteers to include, jigsaw puzzles, singing group and table ping pong.



We warmly welcome our volunteers who have all settled in to finding an activity that they enjoy to share together with others.





*Be the one that makes others feel included.*

*Be the reason someone smiles.*

*Be the reason someone feels loved and believes in the goodness in people.*

*Be kind. This should be easy to do, but disappointingly, it's easier said than done.*

*Lets all make it a point to lead with kindness and assume positive intent in all of our dealings, Kindness can be both modeled and mirrored, creating a positive atmosphere. Through kindness, a general graciousness is often extended and contributes to the positive disposition of others. Have you ever met someone who is so happy, it's as if their positivity and happiness lifted your mood as well? Kindness can be infectious and it can have a disarmingly pleasant effect on both one's demeanor and outlook.*





Birthdays at Myrtleford Lodge

1st July ~ June O'Connell

3rd July ~ Moira Mead

9th July ~ Joyce Thornton

10th July ~ Fay Fear

14th July ~ Ray Jackson

18th July ~ Ed Dettmann

~ Heather Ellis

~ Lila McDonald

20th July ~ Pietro Alonge

27th July ~ Betty Jackson

29th July ~ Pina Bon

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

Residents celebrating a birthday during their birthday month enjoy a special birthday breakfast together complete with a full cooked breakfast or continental breakfast of their choice.



### Special Events Calendar

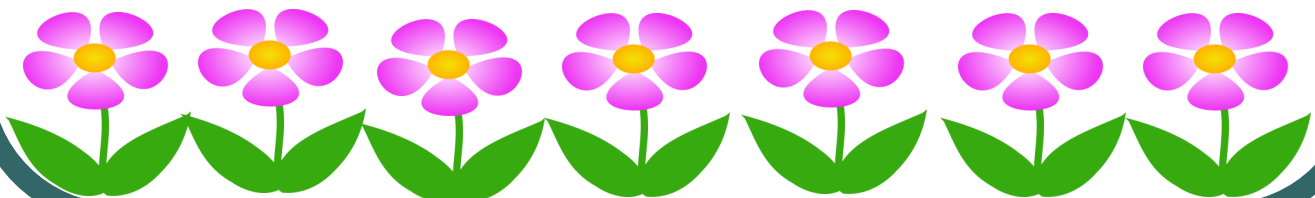


- 3rd July ~ Country Drive  
 5th July ~ Happy Hour/This is your life  
 6th July ~Singing group  
 7th to 14th July ~NAIDOC week  
 9th July ~Residents & Representatives Meeting  
 9th July ~Local Shopping  
 11th July ~ Team Trivia Challenge  
 12th July ~Pamper afternoon  
 17th July ~Country Drive  
 18th July ~Cash Quiz  
 19th July ~Entertainment by Elysium  
 20th July ~Singing group  
 23rd July ~Putt Putt Golf day  
 24th July ~Country Drive  
 25th July ~Myrtleford Lodge Karaoke  
 25th July ~Cooking group  
 26th July ~ Paris Olympic Games  
 31st July ~Country Drive



Residents are welcome to come along and join in the daily activities, all ideas for additional activities are also welcomed.

Additional activities are listed daily on the whiteboards, walks, bus drives, games and more.





## NAIDOC week

NAIDOC week is held across the country from 7-14 July 2024, NAIDOC Week will celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week, which first began in 1975, provides an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

### Naidoc Week Celebrations.

Myrtleford residents are invited to attend a free community event as part of NAIDOC week celebrations.

13th July in Myrtleford, 11am-2pm. Myrtleford Piazza/St Pauls Hall.

The event includes an exciting line-up of First Nations performers and cultural activities.

### Activities at Myrtleford Lodge

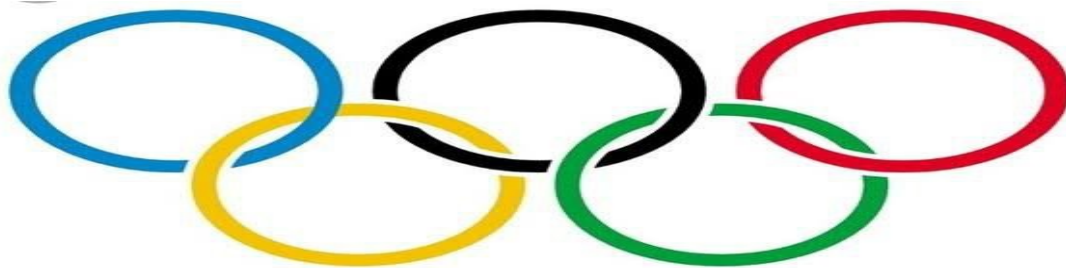
Zena Atkinson was pictured enjoying an afternoon tea in her honor to celebrate her birthday and some of the Residents who attended the open invitation morning tea that was held at Myrtleford Lodge.



## History of the Olympics

Their creation was inspired by the ancient Olympic Games, held in Olympia, Greece from the 8th century BC to the 4th century AD. Baron Pierre de Coubertin founded the International Olympic Committee (IOC) in 1894, leading to the first modern Games in Athens in 1896. The IOC is the governing body of the Olympic Movement, which encompasses all entities and individuals involved in the Olympic Games. The Olympic Charter defines their structure and authority.

The evolution of the Olympic Movement during the 20th and 21st centuries has resulted in numerous changes to the Olympic Games. Some of these adjustments include the creation of the Winter Olympic Games for snow and ice sports, the Paralympic Games for athletes with disabilities, the Youth Olympic Games for athletes aged 14 to 18, the five Continental Games (Pan American, African, Asian, European, and Pacific), and the World Games for sports that are not contested in the Olympic Games. The IOC also endorses the Deaflympics and the Special Olympics



The rings symbolise the union of the five continents, the participation of the athletes at these Games and express the activity of the Olympic movement. The five-coloured rings represent the five inhabited continents of the world. These are- Africa, the Americas, Asia, Europe and Oceania

blue represents Oceania, black Africa, red The Americas, yellow Asia and green Europe.

The 2024 Olympic games are to be held in Paris from July 26th to August 11th.



From the consumer handbook;

A full laundry service operates at no additional cost to consumers. This service will wash all clothing items that can be washed by a standard machine cycle and tumble dried. Items requiring special care, such as woollens, need to be attended to by the family.

Ironing is completed as required by staff and facilities are available in the consumer's laundry.

All clothing must be clearly, but discreetly labelled with the consumer's name. This is the consumers/relatives responsibility, please check items regularly, as no responsibility is accepted for lost clothing not labelled.

**Lost Property:**

Currently the laundry staff have advised they have a number of new items that have not been labelled prior to placing in the laundry whom they would dearly love to return to the owner.

Please, if we could ask all Residents and Representatives to ensure that items are taken straight to the laundry for labeling prior to placing in wardrobes.

Unfortunately this has become a very big concern with the number of items in the lost property much larger than we have seen for some time.

Residents and Representatives are most welcome to come in to look through the lost property for any missing items with laundry or Diversional therapy staff prior to 3pm daily.



alamy

Image ID: EB9JX0  
www.alamy.com

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.

Reminder to complete and return from Standish Street Surgery.

Residents and Representatives are reminded to please complete the Australian Government MyMedicare Registration form for Standish Street Surgery.

From the Medicare Registration form. "MyMedicare is a voluntary patient registration. Registration forms should be provided to your preferred general practice enabling access to new benefits to help deliver more of the care patients need, improving health outcomes".

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.**

