

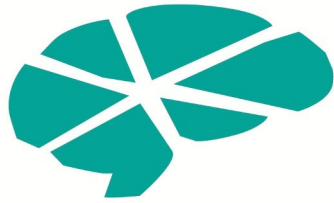


*Spring 2024*

*Welcome to the September edition of  
"On the Grapevine"  
The Myrtleford Lodge Residents &  
Representatives Newsletter.*



*Welcome Spring*



**dementia  
australia™**

The new voice of Alzheimer's Australia

**Dementia Awareness week  
September 16th to 23rd.**

Let's talk  
about  
dementia

Dementia describes a collection of symptoms caused by disorders affecting the brain.

Dementia is not a normal part of getting older, and it isn't one specific disease. Instead, it's a broad term that covers the effects on people of a number of different medical conditions.

Those conditions include Alzheimer's disease, vascular dementia, the Lewy body dementias and more.

The effects of dementia vary from person to person, but generally, dementia affects your mood, memory, thinking and behaviour.

Dementia can happen to anybody, but it is much more common after the age of 65.

In Australia, more than 421,000 people live with dementia. It is the leading cause of death for women, and the second leading cause of death overall.

There are things you can do to reduce your risk of developing dementia.

There's currently no known cure for dementia, but there are treatments for many of the symptoms. Some people with dementia lead active and fulfilling lives for many years after their diagnosis.

Researchers around the world are working on new treatments for dementia

### Causes of dementia

Dementia can happen to anybody, but it is much more common after the age of 65.

Many different conditions can cause dementia. For many people diagnosed with dementia, the exact cause is never known.

Dementia can be hereditary, but this is quite rare. Your risk depends on the cause of the dementia. About a third of people with Alzheimer's disease have a close relative (parent or sibling) diagnosed with dementia.

However, in many cases, it occurs when there is no family history of the condition.

### Signs and symptoms of dementia

Because dementia can be caused by so many different conditions, everyone's experience of dementia is unique.

But broadly, dementia can affect your:

#### Memory

You might find it harder to remember recent events, names of things and people. It might also get harder to make new memories.

#### Thinking

You might get more confused, have trouble concentrating, planning and problem-solving, struggle to complete everyday tasks, find it hard to think of the right word or express yourself, and find it hard to judge distances, directions and time.

#### Mood

You might find yourself feeling less motivated and social, more prone to depression, anxiety and agitation, or otherwise not yourself.

## Behaviour

You might start saying or doing things that are out of character for you. You might become restless and wander, and have more disturbed sleep.

## Diagnosing dementia

There isn't one single test that tells you if you have or don't have dementia.

Instead, doctors will do several different kinds of test. The results of these tests will help them rule out some conditions, and get closer to working out what's causing your changes.

If it's not anything serious, you can put your mind at rest.

If it's some other condition than dementia, you can start getting treatment.

If you get a diagnosis of dementia, the sooner you know, the more you can do.

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.

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*Fathers Day 2024. Sunday September 1st.*

*A dad is someone who wants to catch you before you fall  
but instead picks you up, brushes you off,  
and lets you try again.*

*A dad is someone who wants to  
keep you from making mistakes  
but instead lets you find your own way,  
even though his heart breaks in silence when you get hurt.*

*A dad is someone who holds you when you cry,  
scolds you when you break the rules,  
shines with pride when you succeed,  
and has faith in you even when you fail.*



*Myrtleford Lodge Residents and Staff wish all of our father's,  
Grandfather's and special friends a Happy Fathers Day, we  
hope that you all enjoy a beautiful day with your loved ones.*



## Myrtleford Lodge Special events Calendar

- 1st ~ First day of spring
- 3rd ~ Local shopping and Drop off
- 4th ~ Learning how to Arrange Flowers
- 5th ~ Walking group/ Morning Tea under the Gazebo^
- 6th ~ Kindergarten Visit
- 9th ~ Intergenerational Playgroup
- 10th ~ 11:30 Residents meeting
- 11th ~ Country Drive
- 12th ~ Italian Culture Day Cooking
- 13th ~ Happy Hour Footy tipping Party
- 14th ~ Singing Group
- 16th ~ Knitting Group
- 17th ~ Attending Riding for the disabled @ show grounds
- 23rd ~ Petting Zoo
- 26th ~ Afternoon tea Outing
- 9.45 Daily Exercise and Walk Monday to Friday with Activities staff

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.



## September Birthdays at Myrtleford Lodge



Marleen Deering ~ 7th September  
Ingrid Lein ~ 7th September  
George Oakley ~ 7th September  
Bill Westercott ~ 20th September  
Luba Jalowenko ~ 30th September



# CELEBRATE!

Myrtleford Lodge 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.





A special day of remembrance.

Sunday 18th August was National Vietnam Veterans day. Brian Gambold served his country from 1966-67 as a Frontline Soldier. We come together to honour our veterans and remember those who were lost.



*In Loving Memory of;*  
*Mary Mappin 11/11/1930~22/08/2024*  
*Myrtleford lodge management, staff and*  
*Residents extend sincere condolences to*  
*Family and friends.*  
*May she rest in eternal peace.*



## Activities at Myrtleford Lodge



As part of the activities program, local shopping outings are offered to residents who would enjoy independently running errands or purchasing items from the local retailers.

Jean Heatley was collecting some items from Coles supermarket.



A group of Residents who enjoy the art of knitting have commenced knitting some much needed hats for the premature babies born at North East Health Wangaratta Maternity Ward.

Eileen Giles and Luba Jalowenko above spent some time sorting all of the knitting needles into sizes ready for anyone that would like to also contribute.



## Myrtleford Lodge Activities

Our gardening group were recently very busily making stands for our vegetable garden with some assistance from Robbie, one of our visiting family members.



Residents enjoy many varied activities daily with all Residents welcome to come along, notice boards and the calendar of activities are posted throughout the facility.





## Myrtleford Lodge Activities

Residents continue to keep active with our Exercise Group running each Monday to Friday from 9:45, and weather permitting exercises are followed by a daily walk either around the block or along the bus road taking in the seasonal changes to the parks and gardens.



Many new activities have been added to the program with Residents enjoying the changes, please come along to the Residents and Representatives meetings to share your ideas.



## Myrtleford lodge Activities

Myrtleford Lodge were lucky enough to enjoy a line dancing display from the Ladies from Myrtleford Line dancing Association showcasing their dancing.



Our Italian specific Wednesday morning group continue to enjoy the social gathering, with Italian Bingo, annual authentic Italian cooking and just enjoying company of each other.





### Physiotherapy Services

Myrtleford Lodge Residents bid a very sad farewell to Kevin Sevilla who has provided Physiotherapy services to Myrtleford Lodge residents for the past few years.



Whilst it was a very sad farewell for Residents and Staff as Kevin was such a very valued and much loved Allied health professional, we also acknowledge that Kevin looks forward to less travel and new career opportunities.



Kevin will be sadly missed but has advised that he will certainly fondly remember his time at Myrtleford Lodge, the friendships he has made and will call in to say hello from time to time when he is in the Alpine area.

We all wish Kevin the very best.





## Kindness is contagious

Kindness is choosing to do something that helps others or yourself, motivated by genuine warm feelings. Kindness, or doing good, often means putting other people's needs before our own. It could be by giving up our seat on a bus to someone who might need it more, or offering to make a cup of tea for them, or offering an ear to listen.

Research has suggested that random acts of kindness can: Be contagious – when other people see you do something good, they may feel more motivated to follow suit. Boost energy and happiness. Decrease stress, anxiety and depression.

Most people grew up with the old adage: "Do unto others as you would have them do unto you." Best known as the "golden rule", it simply means you should treat others as you'd like to be treated.

"Kindness is the universal  
Language that can be spoken by  
everyone"

Author unknown



### 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.**

