Spring has arrived and all the trees and flowers in our garden are now beginning to sprout, days are sunny birds are singing so take the opportunity to take a walk around and have a look at the beautiful Woods Point gardens at your own leisure.

This group of residents were the first for the season to enjoy a walk by the lake to see the blossom trees all in flower in the near by gardens and the willow trees on the lake edge bursting into leaf reminded us that Spring has sprung. Now that the weather is changing it will soon be back to morning walks along the lake, morning tea at Chinamen’s Island and cuppa’s at the Lake Deck Cafe. There is nothing nicer than to go for a lovely walk in the fresh air, hear the birds singing and enjoy the flowers, so here’s hoping for more lovely sunny mornings and warmer temperatures.
In Memory
Maggie Nevin, Jessie Burke and Bill Sparnon.
Deepest sympathies to the families of Maggie, Jessie and Bill.
They will be so very missed by all!

Chocolate Factory……

With the sun shining and the rain gone for the day some of the residents boarded the bus on a mystery trip to the Chocolate Factory in Corowa.
It was a beautiful day for a drive and the residents enjoyed spotting the baby lambs and goats along the way. Upon arrival we found a very old mill, it had obviously seen better days, but inside the old mill was wonderful. With a lot of tender loving care this mill has been transformed into a lovely restaurant.
With comfortable chairs, lots of heaters to keep everyone warm and lovely staff, we were treated to freshly made Devonshire tea, and there was no shortage of whipped cream and strawberry jam.

Residents were also taken to the chocolate room, where they all delighted in creating their own giant chocolate freckle with lots of hundreds and thousands sprinkled on top. While these were setting we were escorted to the chocolate shop – YUMMY, so with our bags laden with our goodies and a wonderful time had by all, we headed for home……
Floods in Yarrawonga…..

Well what a rain fall we have had here in Yarrawonga, to date the rainfall so far in 2010 is 450.2mm and our wettest day on record was way back on March the 8th with a total of 44.4mm.

There where people everywhere down at our weir checking out the water over a few days in September, river entrances were closed, the driving range at the golf course was under water, the caravan park boat ramp was also under water it was just so amazing to see the drought finally broken.

Gastro…….

As we are now heading into the warmer months it is getting close to the Gastro season, as we all know this is not very pleasant, the risk has also been increased due to the flood waters from our very wet Spring.

There are some things we can do to help ourselves:

It is not advisable to keep any food in your rooms if you do not have a fridge to store it in, if your family or friends bring you your favorite snack, enjoy it, but if there is food left over please ask your family to kindly take it home, without a fridge to store food in this is asking for trouble.

Another thing that is very important to remember is that if your loved ones are not well please ask them to stay at home until they feel better and last but not least - frequent hand washing to get rid of bugs is advised.
Spring Word Find

APRIL
BABY ANIMALS
BIRDS
BIRTH
BLOOMS
BLOSSOMS
BUDS
EASTER
FLOWERS
GARDENING

GROWTH
MAY
MILD
MOTHER'S DAY
MUD
PLANTING
RAIN
SHOWERS
THAW
UMBRELLA
Our hairdresser, Catherine, visits three days per week Wednesday, Thursday and Fridays. Catherine’s prices are fair and reasonable and have only recently increased by a very small amount. A list of the new prices is available on the salon door.

Residents who make an appointment with the hairdresser need to either have funds on them or in their pocket money at reception. A reminder to families that if a resident has regular hair appointments then you must keep the pocket money topped up on a regular basis. If you have not already set pocket money up please see administration staff to do so. And please keep in mind that when topping up pocket money smaller notes such as $5’s and $10’s are preferable to $50’s and $100’s.

The Piano Lady
Barbara Hird, now known as the Piano Lady. Barbara comes to play the piano for us on Monday every 2nd week.

The music is heaven sent and loved by all who are near to hear the sweet sounds coming from the antiquated piano. Yes, the piano that is usually played as a pianola. We have nearly half the facility listening with Murray Wing coming down to join the residents from the other wings.

Wardrobes….
It has come to our attention that many residents have over flowing wardrobes, therefore making it difficult to store clothes easily. We would request that family members have a look at what might be able to be removed from the wardrobes to allow more room for much wanted items. Laundry is done on a very regular basis therefore residents should not need too many clothing items.
The annual Spring Dance was held on Thursday the 23rd of September. Most of the residents joined in and had a dance or sang along to the music, which was played by the Foot Tapping Duo. Graham and Jack looked very debonair in their dress shirt, pants and bowties.

The band played the old favorites and there was a conga line that would impress many, with Phyllis Rodwell leading the line. Jessie Jolley was there kicking up her heels and with the biggest grin on her face. It was beautiful for all to see. There was a strange man that appeared at the same time as the band, did they bring him… I ask you? This stranger was the MC for the night. He was a big hit with the women as he asked all those willing ladies to dance and they always accepted!!! He even got picked up by one of our own gentlemen and asked to dance…Byron and the kitchen staff provided a sumptuous supper which was enjoyed by all. They also took photos along with the care staff who were working that night. After the dance was over most of us fell into bed and some even slept in, I wonder what they dreamt about……
Activity staff would like to thank the care staff and the kitchen staff that assisted during their shifts. John and his team for cleaning prior to the dance and the band for such enthusiasm and helping to make such a wonderful night. And boy did the activity staff have sore feet and not from them being stepped on…
to our new residents this month, we hope that everyone makes Peggy, Margaret, Merle, Tony, Frank & Janet feel right at home at Woods Point!

**ALPACA FARM.**

This was the day we decided to visit the blossom farms. The sun was beautiful, it was a warm day and the smell from the fruit trees was unforgettable. Whilst driving along in the sunshine, smelling the blossoms we noticed a small sign on the side of the road, it said – ALPACA FARM. !!!!!!!! With little hesitation we rounded our little bus and returned to the sign and followed it. Upon arrival we were delighted to find beautiful fluffy Alpaca’s, all different colours, all different sizes and some even had babies. It was a delightful time spent watching these cute little animals going about their daily duties. Oh, yes the blossom trees were lovely too.

Saints V’s Collingwood
REDSHIFT.

We would like to introduce a new band, Redshift. They have visited us twice now and a good time has been had by all who attended. There is an old fashioned mix of songs and a few comical jokes as well, plus a drummer who sports a rather large head of hair. The band has been booked to entertain again in the month of October so if you missed them the first time around you can catch them again on the 21st October at 1.30.

Saints V’s Collingwood…….

Well what a Grand Final day to remember on the 25th of September 2010. 100,000 footy fans both Collingwood and Saints and some just there for a good time flocked to the M.C.G for what was a thrilling game. Residents at Woods Point gathered in the main lounge which had been decked out in the colours of both teams. Balloons and streamers flying, games including pick the winning team and the winning margin, who will win the Norm Smith Medal and which player would kick the first goal. As nobody picked any of the results they will be done with the replayed grand final this week. Lots of finger food and some refreshments were available throughout the day.

Early on it appeared that the Pies had the upper hand with a handy 24 point lead at half time and having had plenty of control of the play in the first half, however the Saints turned things around in the third quarter keeping the Pies goalless and adding 3 goals to their own score and at 3/4 time the Saints were only down by 8 points.

The last quarter become stuff of history with the Saints hitting the lead with 6 minutes to go. But soon enough the score became even and all watching were either on the edge of their seats or standing up barracking hard for their team to just get a score and win the match. However, we all now know that the game was a draw with the score being Pies 9-14-68 v’s Saints 10-8-68. The replay on Saturday October 2nd will again see the resident gather for what should be another exiting afternoon of AFL Grand Final footy.
This month I have chosen to do an article on Dementia to assist residents/families and staff with a better understanding of what it is and the reasons for some of the behaviour changes.

Dementia is not a disease, but rather an umbrella term for a variety of symptoms that may accompany or indicate certain diseases or conditions. Today over 60 different conditions are known to cause dementia symptoms.

After a dementia diagnosis, the focus is often only on the person's symptoms and behaviour rather than on his or her needs. It can seem that there is not much that can be done, which makes it very hard to maintain a positive attitude. However, if you shift your focus and energy to the person's strengths and remaining abilities, it helps you keep a positive attitude and enables you to encourage and inspire improvement, joy, hope, and wellbeing in those you support.

Remember that many conditions have symptoms similar to dementia, so it is important not to assume that someone has dementia just because they have some of the symptoms. Strokes, depression, alcoholism, infections, hormone disorders, nutritional deficiencies and brain tumours can all cause dementia-like symptoms.

The stages of dementia should only serve as guides as each person responds differently to their particular symptoms, and stages can fluctuate and overlap. A person may show symptoms common to the early stage one minute and those common to middle or late stage the next. These variations can be very much dependent on whether the person is experiencing an underlying physical condition or the lack of genuine respect and appreciation.

Though a person may appear muddled one particular day – or in the morning or afternoon – this doesn’t mean that the person is ‘locked’ at that point or has moved on to the next stage. It only means that this is where he or she is at that particular moment and this may change and the person may revert to being quite clear again.

**Understanding challenging behaviour**

Difficult, challenging or unusual behaviour is a reaction to something that is not right for the individual person and generally occurs when the person has a need that is not being met. The need does not have to be a physical one, but may be emotional or spiritual, such as the need for respect, love or happiness. Or the need might be something said or unsaid; something done or not done.

Always remember to ask:

- What is this person attempting to communicate?
- What is the need that is not being fulfilled?
To dissolve and prevent these behaviours’, we need to change our focus from only looking for what’s wrong with the person physically to compassionately searching beyond for what the person’s unfulfilled needs might be. Challenging, physical and verbally aggressive behaviours’ have combined to become one of the three most common Occupational Health and Safety issues occurring within many facilities. However, these behaviours’ do not belong as an OHS issue.

When caring for people with dementia, we are not working with machinery but are caring for human beings. When they react with challenging behaviour, it is not because the ‘machines' are faulty, it is because the way they are being treated is flawed. People with dementia are incredibly vulnerable individuals with special and finely-tuned needs. They should not be expected to adjust their needs to routines and requirements; rather their care routines should be adjusted to meet their needs.

Knowing that challenging behaviour is a reaction to something that isn't right or in other words, an unmet need the ‘challenging' person may be indirectly attempting to say:

“Please acknowledge me as a whole person and not only for my deficiencies and changed behaviour; for I am not in control of them. I cannot bear to constantly be reminded that I need help... that I am told when to go to the toilet; when to go to bed; when to eat and especially that I can't go home. Being treated like this has become my entire existence now, and it is absolutely soul destroying. I want to smile once more, laugh again and make light of it all. Please acknowledge me for all my beautiful human qualities, of which I still have plenty. The more you do this, the more these qualities will shine through and show the real me.”

**Shifting focus**

People with dementia can be the greatest teachers in personal growth; if only their carers are prepared to learn from them. Instead of seeing them as the problem, reflect on what they reveal and take each opportunity to learn something new.

**By trying to change others, more challenging behaviours’ are created and maintained. When we change ourselves, we also change everyone around us!**

We have plenty of resources that can assist carers, residents and staff better understand dementia and symptoms. If you would like to source any of these resources please see the Registered Nurse or myself.

Marita Seamer
Director of Nursing