Resident/Representative Meetings are held on the first Thursday of each month beginning at 10.30am. We encourage all residents and their relatives/representatives to come along, participate and have your say.

Tuesday 24th August saw the kinder children come and enjoy some ELF (Early Learning is Fun) Reading.

It was a fun filled morning with Heather and Pam as well as a few of the residents reading some children’s books to the children.

The children as well as parents and teachers dressed up as their favorite characters from children’s books.

Everyone involved had a ball with laughs had by all. The visits from the children are a much loved event by all residents.
We send a warm welcome to all our new residents. Lois Wilson, Janet Jones, Albert Jeffrey and Max Toole. We hope you are enjoying your time with us at Woods Point.

We wish all of the following people a happy birthday, we hope you have a fantastic day!

Reg Crook 4th  Margaret Wilmot 5th
Beryl Parrish 8th  Flo Keenan 17th
Len Partridge 22nd  Eric Kaine 27th

Are you going out to visit your Doctor?

Residents and family members are reminded that if a resident is going to the doctors they must take along their medication charts, just in case the doctor wishes to make changes. Please notify care staff prior to any doctors visit so that they may provide you with the chart to take.
In Memory

Sadly we say goodbye to James Orr, Leslie Bell, Nancy Hoyle, Bill Sargent, Alice Colquhoun, Monica Bradley, Les Scott, Nell Gemmill, Dennis Watts and Joyce Charnstrom. Leslie, Nancy, Monica, Les, Nell and Dennis were much loved long term residents. James, Bill, Alice and Joyce have only been with us a short time, however made a lasting impression on everyone they came across. We send our deepest condolences to all their families.
Grief and Loss

As you may be aware Woods Point has lost a number of residents over the past month, as a result of various illness and conditions. We extend our condolences to all the families and friends that have lost a loved one. The staff are also experiencing grief as a result of these losses as they have developed strong relationships with the residents at Woods Point. Woods Point staff acknowledges this may be a difficult time for the residents at Woods Point and we want to assure you we are here to provide support and assistance during this time.

Grief is a natural response to loss. It’s the emotional suffering you feel when something or someone you care about is taken away. You may associate grief with the death of a loved one, but any loss can cause grief. Grieving is a personal and highly individual experience. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and the nature of the loss. The grieving process takes time. Healing happens gradually; it can’t be forced or hurried – and there is no “normal” timetable for grieving.

It is best not to think of grief as a series of stages. Rather, we might think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief.

The single most important factor in healing from loss is having the support of other people. Even if you aren’t comfortable talking about your feelings under normal circumstances, it’s important to express them when you’re grieving. Sharing your loss makes the burden of grief easier to carry. Wherever the support comes from, accept it and do not grieve alone. Connecting to others will help you heal.

We would like to assure you that during the palliative period, residents and representatives wishes, comfort and dignity is maintained at all times and if you have any concerns during this time or would like to discuss further do not hesitate to contact Marita or the Registered Nurse in charge.
MORNING MELODIES

Morning melodies was well attended with 18 of our residents going, they were able to laugh and enjoy the show that Denise Drysdale put on. Some of the jokes were very humorous and a bit risqué but the ladies still were smirking and giggling. Denise still has a beautiful voice and sang some good old favorites, that some of us were singing along with. All had a good time and lunch was quite nice as well, (although not as good as last time) some might say.

The second morning melodies this month was enjoyed by 11 residents. This time it was Izzy Dye & Leslie Martin singing those old country blues, such as achy breaky heart, crazy and ring of fire. Edna, Pam, Sue and the gang were bopping along with the songs.

Grief and Loss

Here are some useful Resources that we can assist you to make contact or you can contact:

- 'An Unrecognised Grief. Loss and grief issues for carers: A carer's guide' – Phone (03) 9396 9500.
- Lifeline (24hr) phone counselling service: 13 11 14.

Marita Seamer
Director of Nursing
Woods Point’s own Boot Scooting Babe.

June Kaine loves her dancing and dancing she will do. June has many a line dancing trophy and now enjoys dancing for a leisure activity and entertainment for all to watch.

June welcomes anyone who wishes to have a dance with her.

Happy Birthday Mavis.

Pictured is Mavis blowing her birthday candles out. Mavis enjoyed the signing of happy birthday and the cake afterwards.

The lovely Josie King has said farewell to Woods Point Aged Care and all of the friends that she has made here. Jose was lucky enough to be able to move closer to her family and now lives in Carinya in Corowa. We will all miss Josie very much.
The Piano Lady
On Monday mornings fortnightly, The Piano Lady comes along and weaves her magic on our old piano.
Barbara Hird, a piano teacher in the district, plays the most beautiful music and we are lucky to have her volunteer for us.
You may have spotted her playing at the Yarrawonga and Border Golf Club. Please come to the lounge on the programmed day and you will be in for a treat.

2010 Football Tipping Competitions
This year we again ran two separate competitions – one for Residents and one for Staff.
Results of both competitions were as follows:

Residents Tipping 2010
At the end of Round 21 Len Partridge was our outright leader with 110 winners, closely followed by Bill Tindale on 107. However, after a hotly contested final Round 22 which saw Len pick 3 winners and Bill pick 6, we ended with Len Partridge (113) and Bill Tindale (113) tied for First Place. Third Place went to Les Scott’s family with 111 winners. Last Place (the “Booby Prize”) went to Sue Hood with 72 winners for the season.

Staff Tipping 2010
In a closely fought final round we saw Sonja Shead win outright with 118 winners, closely followed in a 3-way tie for Second by Wendy Reilly, Marita Seamer and Pam Ward with 116 winners each. The “Booby Prize” winner was Kayla Stevenson with 89 winners.

Congratulations to all of this year’s winners … and come on Season 2011.
ELECTORAL ROLL

During the recent Federal Election it became apparent that many of the residents are enrolled to vote at their old address or are enrolled to vote when possibly should not be. With a Victorian State Election due for November we advise that Residents or Residents family should complete a change of Electoral Enrolment Form to ensure the voting process runs smoothly for future elections. Change of Enrolment forms are available at Reception or your local Post Office.

Change of Season Chest Conditions

It is the time of year when there is many colds and chest conditions going around.

In order to keep yourself free of all these bugs we advise that you keep yourself warm at all times, especially when venturing outside. Whist the sun might be shining brightly on some days we can still have a cold wind blowing.

Keeping your fluid intake up is also a great way to keep colds at bay. If you are feeling unwell a nice relaxing and quiet day will often help you feel better and keep the cold from forming.

If you do have a cold please ensure that you cover your mouth when coughing or sneezing and wash your hands regularly.

Always place dirty tissues in the bin.

This helps prevent the spread of germs from one resident to another.

Most of all if you are feeling unwell please make staff aware so that we can monitor how you are going.

Pictured left is Gavin, our Resident Chauffeur. Gavin is one of our much loved volunteers who has decided to add a little fun to the bus trips by wearing his chauffeur hat. Gavin makes sure all the outings that the residents attend are full of fun and laughter. Thanks Gavin!
THE WALK FOR JOY

Recently in an Alzheimer’s Australia newsletter there was a lovely article about one of our past residents Joy Baker. We have decided to share this article with you.

THE WALK FOR JOY

By Renee Blaslov

How do you begin to say thank you to someone who has given you so much? How do you repay the gesture of unconditional love, support and encouragement? You can’t really, as you cannot truly measure that precious gift from one human being to another.

In October 2009 and after the passing of our Grandmother, Joy Baker, my brothers, Jamie and Daniel and I made a pact that would in some small way, return that gesture of love. As Joy had Alzheimer’s in the last few years of her life, we wanted to raise money and awareness so that for generations to come, a cure may be found.

This was also a great way to remember, honor and respect a lady who despite her own incredible hardships in life, managed to rise above everything through her zest for life and her close family relationships.

With nine children, 32 grandchildren and around 50 great grandchildren, Joy always had time for each and every one of her extended family and loved them all equally. She gave each and every one of them her unconditional love and showed firsthand what courage and a positive attitude in life can bring you.

How inspirational was this lady? Joy was born at 26 weeks gestation in 1926 and was given no chance of survival. She went on to raise nine children of her own in a violent and abusive marriage that finally ended when her husband was accidentally killed. Joy then met and married a true gentleman by the name of Bill Baker with whom she would spend the rest of her days.

This magnificent woman Joy has inspired her family and friends more than she will ever know.

As a tribute to Joy’s life and to raise awareness Renee, Jamie and Daniel will walk from Toowoomba to Ipswich on 25th and 25th of September 2010 as part of Dementia Awareness Week.
**Food safety regulations**

Whilst the residential care facility is the residents’ home, catering staff can not be responsible for food brought in by residents or their relatives.

Foods of high risk such as, poultry, fish, dairy products, meat, eggs, rice, pasta brought in by the resident or relatives /friends must be kept at an acceptable temperature by bringing it in a suitable container such as; insulated bag with an ice brick or a thermos flask and consumed at the time of being brought to the facility. Prepared foodstuffs may be brought into the facility but if not consumed must leave with the persons visiting.

Staff must not store these food items or reheat them. So please do not ask them to do so as refusal may unintentionally offend.

The Register of Food Donated /Brought to the Facility (27.2.3) is maintained and needs to be completed if you bring food into the facility located in kitchen

You must not give brought in food to other residents not only because of the food safety requirements but because the resident may have a medical condition that may prevent them from eating the food including the possibility that they may choke.

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**FUN AND GAMES ACTIVITIES**

The ladies are having a giggle at how good they are at hitting the balloon, at the games morning session.

There were some hairy moments for Lorna and Edna with the balloon sweeping over their heads.
The Finished Product……

Well we have come to the end of construction for our beautiful new garden area for the residents, families and visitors to utilise as the warmer days approach, the sound of whistling birds and the bloom of many pretty flowers is very near.

We hope you enjoy !
Bones of the Human body

Carpals
Clavicle
Coccyx
Cranium
Femur
Fibula
Humerus
Mandible
Metacarpals
Patella
Pelvis
Rib
Sternum
Tarsals
Tibia
Ulna
Vertebra

Carpal Bones:
- SCAPULA
- TIBIA
- ULNA
- RADIUS
- HUMERUS
- PATELLA
- RIB
- PELVIS
- MANDIBLE
- STERNUM
- FIBULA
- FEMUR
- CLAVICLE
- COCYX

Long Bones:
- CRANIAL
- HUMERUS
- FEMUR
- RIB
- PELVIS
- TIBIA
- CALCANEUS
- CLAVICLE
- SCAPULA
- PILON

Flat Bones:
- CRANIAL
- VERTEBRA
- TARSAL
- TIBIA
- RIB

Spongy Bones:
- TRAVERSE
- SPHENOID
- SQUAMOSAL
- PALATE

Compact Bones:
- OSTEOCELUS
- LONGULA
- MANDIBLE
- RIB
- TIBIA
- FEMUR

Articulating Bones:
- CARPALS
- TARSALS
- TIBIA
- SCAPULA
- HUMERUS
- FEMUR
BREAKFAST

Recently there has been a number of residents making their way up to the kitchen as soon as kitchen staff arrive at 7.30am. Unfortunately the kitchen is unable to cater for early breakfasts unless a resident has an appointment or is a diabetic etc. Breakfast is served from 8.30am for all other residents.

HAIRDRESSER

Our hairdresser, Catherine, visits two days per week. Catherine’s prices are fair and reasonable, however she does not work for free! 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.

Cobram Harmoniques once again provided us with an afternoon that brought the lounge to life. All the old favourites were played which got many a toes a tapping.

With all the recent rain we have been having it seemed only fitting that we should have some nice ducks swimming on the puddles around the facility.