

BBQ Lunch. Marvelous March weather enabled the residents to enjoy a BBQ lunch in the courtyard.

Lunch begun with nibbles including chips, Cheesels and other savory snacks. Followed by rump steak. sausages and sumptuous salads.



And what better way to finish off than with Peter's Drumstick ice cream. By the smiles that were on the residents faces it appears that the luncheon was a huge success. Many favourable comments were



well received.

BBQ lunches will appear regularly on the program so why not invite a family member or friend to join you for lunch on that day. Bookings can be made with reception and at only \$7.50 per person it's great value.

Jigsaw Devotee

Alice Lindhe enjoys nothing more than spending her days sitting in the main lounge doing jigsaw puzzles. Alice has conquered many puzzles in her time here at Woods Point, most of which would have been quite daunting to others.

Staff, residents, volunteers and relatives will often spend time with Alice just to help with a few extra pieces of a puzzle. But it is Alice who has endless patience to see the puzzles completed. Here is Alice with one of her recent conquests.



Barb is Back

Barb, our very popular "piano lady" has returned from her Christmas break and haven't we all missed her.

It was delightful to hear the old pianola providing all the songs from the past once more.



Residents will be keeping an eye (and ear) out for Barb as she get's back into her regular visits.

What do you call????

What do you call a sleeping bull? A Bulldozer What do you call a boomerang that doesn't come back? A Stick What do you call a camel with no hump? Humphrey



Cost for non-residents \$5.00

Woods Point can only transport limited numbers.

To enable more residents to attend this event we are seeking assistance from families, friends and other volunteers to transport residents to and from the event. Staff will be at the event to provide care and assistance. We are only requesting transport.

If you wish to join us for this activity please book at reception. For catering purposes we require firm numbers by Monday 15th April.

Smoke Free Facility

As of April 2nd, 2013 Woods Point Aged Care will be a Smoke Free Facility.

Visitors and Staff will be requested to refrain from smoking whilst in the facility grounds.

Thank you for assisting us to make this change possible. *Residents who currently smoke will be able to continue to do so

Meal Times

Whilst we welcome and encourage visitors to enjoy a meal with our residents we do wish to remind everyone that meal times are not a suitable time for general visits.

With lunch at 12pm and dinner at 5pm we would request that friends and family avoid visiting during these times if you are not planning on eating with the residents.



We request that visitors who are not eating please refrain from being in the dining room during meal times. Visitors are welcome to wait in the main lounge until residents are finished dining.



Bob Nevin - 4th April Edna Gamble - 6th April Dot Glasgow - 7th April Harry Fynmore - 7th April Lucie Newton - 11th April John Grant - 14th April Marj Wales - 16th April Joyce Cameron - 19th April

Easter Visit

On the Monday prior to Easter the grades one and two children from Sacred Heart Primary School came for a visit to Woods Point.

They sang a couple of songs about Easter before wishing all a 'Happy Easter'.

After the singing the children passed out cards and parcels with chocolates.





Teacher Christine Cussen informed us that it was a joint effort from the whole school with grades five and six making the chocolates, grades three and four making and coloring the cards and the grades one and two students hand delivering them.



Sponsor a Child Initiative We have had no recent mail from our sponsor children, however we are still looking for residents or staff who would like to write to our sponsor children.



Please speak to administration staff and someone will assist you to

Cubs Visit

It's was a busy few days here at Woods Point Aged Care prior to Easter with a visit from the Cubs of Yarrawonga Mulwala Scout Group on Tuesday evening.

The boys put on an evening performance for the residents in the dining room.





After the entertainment the boys eagerly met with the residents and handed them Easter eggs which were enjoyed as part of the residents dessert.

The residents really enjoy the visits from children and we thank the Cubs for giving up their time to come and visit with us. Hello again and I thought this month I would continue by providing you with more information on one of the Accreditation Standards Woods Point is always striving to continually improve.

Clinical Care is expected outcome 2.4 of the 44 Accreditation standards assessed by the Accreditation Agency and one which is a major focus that requires a consultative approach from Residents/ representatives and staff.

The expected outcome of 2.4 – Clinical Care requires that:

Residents receive appropriate clinical care.

What does this mean?

What we are aiming to achieve is:

- Management and staff demonstrate that Residents receive the care that is appropriate to their needs and preferences.
- Residents/representatives confirm the appropriateness of the care they receive according to their needs and preferences.



Woods Point aims to meet this outcome by completing the following: Undertaking an initial assessment and planning in relation to care and lifestyle, including all the following areas: specialised nursing care needs; pain management; palliative care needs; skin care management; continence management; behavioural management; mobility and dexterity needs; sensory losses and sleep management, as well as lifestyle choices.

This initial assessment conducted for all Residents forms the basis of care provided. As we know our needs change frequently and staff must be aware of these changes through clinical assessments, review of care plan, Resident of the Day reviews and communication with Residents, their Representatives and Staff.



You may wonder some times why we continue to ask questions about your care needs, preferences, dislikes, and how you are managing with all aspects of your care. The reason is to ensure we provide clinical care that best matches your needs and preferences.

The types of documentation we use to formulate your individualised care plan is as follows:

- Assessments
- Care plans
- Progress notes
- Observation charts
- Incident forms / Improvement forms
- Consultation with Residents and/or Representatives
- Doctor / Allied health assessments and correspondence.

From all this documentation and communication with you we are striving to ensure you are satisfied with the level and manner in which care and services are provided across

all areas of health and personal care, as well as your lifestyle choices.

By communicating with staff regularly, 'Have your say' at the Resident/Representatives meetings and using the Suggestions, Complaints and Compliments box (located at front reception), we can ensure Woods Point delivers care and services that suit you as an individual.

Keep communicating! Marita Seamer



The topic for discussion will be Powers of Attorney and Wills.

This should provide residents and representatives with a wealth of information regarding the two subjects.

It is highly recommended for residents and family members/

Corowa Chocolate Factory

A visit to the Chocolate Factory is always popular and the most recent one was no exception. Seats on the bus were filled quickly and it was a cheery lot of residents who set off to Corowa.



After enjoying a cuppa accompanied by scones with jam and cream the residents were straight into the shop to makes some purchases.

The residents are spoilt for choice with giant freckles, chocolate coated almonds, white rocky road or chocolate covered licorice.

Scrabble Challenge



We recently ran the first of what we hope to be many Scrabble Challenges with our giant Scrabble board.

Pictured are our the winning Team A - Carmen, Shirley, Margaret and Pat who narrowly defeated Team B consisting of Tim, Phyllis, Doris and John.

With the scores 129 to 128 the contest was very close and we presume will set the standard for all future challenges.

Triple Celebration



On February 25th three of our residents jointly celebrated their birthdays. Between them Bonnie

Green, Ken Blick and Elizabeth Harris have now celebrated over 250 birthdays.



In March we sadly bid farewell to a number of long term residents.

Gladys Jeffrey, Phyllis Harris, Mavis Macpherson.







These ladies have lived at Woods Point for sometime and will be sadly missed by residents and staff.



We also said goodbye to Cliff Giersch, whilst Cliff has not lived here for as long he will be great missed by all.

Deepest Sympathies are extended to the Jeffrey, Harris, Macpherson and Giersch families.

The Swiss Spaghetti Harvest

On April 1, 1957 a British news show broadcast a segment about a bumper spaghetti harvest in southern Switzerland. The success of the crop was attributed both to an unusually mild winter and to the "virtual disappearance of the spaghetti weevil." The audience heard the show's anchor, discussing the details of the spaghetti crop as they watched video footage of a Swiss family pulling pasta off spaghetti trees and placing it into baskets.

The Swiss Spaghetti Harvest hoax generated an enormous response. Hundreds of people phoned the BBC wanting to know how they could grow their own spaghetti tree. To this query the BBC diplomatically replied, "Place a sprig of spaghetti in a tin of tomato sauce and hope for the best."

To this day the broadcast remains one of the most famous and popular April Fool's Day hoaxes of all time. It is also believed to be the first time the medium of television was used to stage an April Fool's Day hoax.

Flu Vax



Woods Point residents and staff recently received their flu shots. But some people will still manage to get the flu. Why is that? Seasonal influenza viruses come in two basic varieties: type A, which causes the most extensive and severe outbreaks; and the usually milder type B.

Frequently during flu season, viruses from both types are present in the community.

Each year, some of these flu viruses can mutate, which is why a different flu vaccine is prepared every year. Major mutations are often the cause of pandemics, because the immunity that we acquire over time from repeated exposure or vaccination may no longer be effective.

New variant flu viruses arise sporadically, such as the swine flu variant that appeared in the last few years or the avian flu that was first detected in Hong Kong back in 1997 and which still causes occasional small outbreaks.

How does the flu spread?

Flu spreads person-to-person primarily from the airborne particles generated by coughing and sneezing, but also by hand-to -hand contact. It's not clear whether the flu can be spread by touching items such as clothing or hard surfaces previously touched by someone with the virus.



How do we avoid getting the flu?

Firstly, having the flu shot is a great way of avoiding the known flu viruses. But the unknown viruses can be avoided by following some simple health rules



Scrub'em!

Germ Farm • Wash hands with soap and water or hand sanitizer frequently. Be aware of touching surfaces like doorknobs, faucets, phones, keyboards, etc., and wash hands afterward. Avoid touching your eyes, nose, or mouth unless you have clean hands.

> Try to stay at least six feet away from people who appear ill, and avoid sharing food, drinks, toothbrushes, etc. during an outbreak.

• Keep your immune system healthy. Get plenty of sleep (8 hours a night is ideal), drink plenty of water, and eat plenty of fruits and vegetables.

Avoid alcohol, tobacco and other unhealthy vices!

Other ways of avoiding the flu!

Woods Point discourages visitors if they are unwell. All of our residents are vulnerable and therefore an unwell visitor could spread their illness by visiting at Woods Point.

We also encourage those residents who are unwell to stay in their rooms as much as possible. This will avoid you coming into contact with healthy people and infecting them. But also, by staying in your room you are getting forced rest which will help you to recover more quickly.

What to do if you think you have the flu!

Alert the staff, they will monitor your symptoms and speak with the doctor about whether you do or don't have the flu. Some people believe they have the flu when it is simply a bad cold.

You may be tested by the doctor to see if you do have a flu virus in your system. The doctor will instruct the staff on how to treat you and your symptoms.

Bingo, Bingo, Bingo

Volunteers Lorraine and Jean made up 10 Easter hampers full of eggs, chocolates and other goodies as prizes for a special bumper Easter Bingo.

With 22 residents in attendance, all with eyes down and ears peeled, the dining room was quiet but for the Bingo Caller. The afternoon saw many elated residents as the calls of BINGO went around the room and the prizes were handed out.

Even the hairdresser could not stop the bingo fun! With one resident taking their cars into the salon





with them so they didn't miss out on the fun.

A mock call of BINGO from a passing staff member (Jodie) caused a slight disruption as disappointed residents cleared their cards in readiness for the next game.

Lorraine soon had them back on track and that particular game was won by Edna.













Goulburn & Ovens - April 2013

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		3.00 Happy Hour	No Activities Staff			
1.30 Movie	1.30 Movie	1.30 Kiosk/Movie		1.30 Bingo		1.30 Painting
11.00 Giant Scrabble	11.00 Quiz	11.00 Bowling comp		1.30 Movie	3.00 Singalong	1.30 Movie
10.00 Exercises	10.00 Exercises	10.00 Exercises	DAY	11.00 Piano Lady	1.30 Fruit Market	11,00 Handball Comp
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9.45 Tai Chi	9.45 Tai Chi	9.45 Tai Chi	10.00 Exercises	10.00 Outside Walks	10.00 Carpet Bowls	10.00 Exercises
13 14		9.30 Men's Shed 12	9.45 Tai Chi 11	9.45 Tai Chi 10	9.30 Catholic Church 9	9.45 Tai Chi 8
		3.00 Happy Hour	Homestead	1.30 Bingo		No Activities Staff
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11.00 Singalong	11.00 Table Ball	11.00 Giant Scrabble	1.30 Movie	11.00 Golf & Croquet	3.00 Singalong	
10.00 Exercises	10.00 Exercises	10.00 Exercises	With Guest Speaker	10.00 Outside Walks	1.30 Fruit Market	Easter
9.45 Tai Chi	9.45 Tai Chi		10.30 Resident Meeting		10.00 Carpet Bowls	
6 7		9.30 Men's Shed 5	9.45 Tai Chi 4	Special Breaky 3	1 9.30 Catholic Church 2	
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