



# What's The Point?

February 2013

## "TUCKING IN" AT THE BIG STRAWBERRY



On a typical warm day in January – just before the heatwave hit Yarra-wonga – several of our residents travelled in the air-conditioned Woods Point bus to The Big Strawberry in Koonoomoo (near Cobram). On arrival they soon enjoyed tucking in to some strawberry pancakes with ice cream and cream or some tasty strawberry sundaes all washed down with a cappuccino or a freshly squeezed orange juice.

Visits to The Big Strawberry are a regular event at Woods Point, so if you missed out this time keep your eye on the monthly program and when you see a trip coming up, put your name down early with any of our Activities staff.



## The Piano Ladies

Alice Lindhe has a special friend Sue Kennedy who visit's her here at Woods Point. These two ladies have a long history of playing the piano together. It is all a bit of fun and much to the delight of other residents they can definitely play out a tune.

Their tunes are from days gone by and can bring back lovely memories. We all look forward to the next time that Sue visits with Alice and they get back to the piano playing.

Alice claims that Sue does the hard bits and she only has to play the easy parts but we think Alice may be a bit too modest.



## Bakery

Once again some residents spent a relaxed afternoon at the Mulwala Bakery.



Our residents chose to have their coffee and cake outside the bakery with a lovely cool breeze finding its way along the footpath it made it easy to enjoy their afternoon tea and the activity of busy Melbourne Street! Any residents that may like to join the bakery trips please notify the activity staff.

## Lots of Laughs

The game is called Balloon Tennis and it is hysterical. The residents are placed in a circle, given a tennis racket made out of newspapers, a wire coat hanger and an old pair of pantyhose.

The tennis ball is a balloon, hence the name of the game.



There are no hard and fast rules for this game at all, the only aim is to keep the balloon in play the best or only way you can. The game itself is so simple but it delivers so much fun for the participants and observers alike.

The next time you see a group of residents seated in a circle and waving some funny looking tennis raquets about, please come and join in, you will be sure to have some fun.

## Wanted - Ideas for our foyer display cabinets.

Do you have a collection that you wish to share with others? Do you have any ideas for what we could display in our cabinets? Please speak to either the activities or administration staff about your ides.

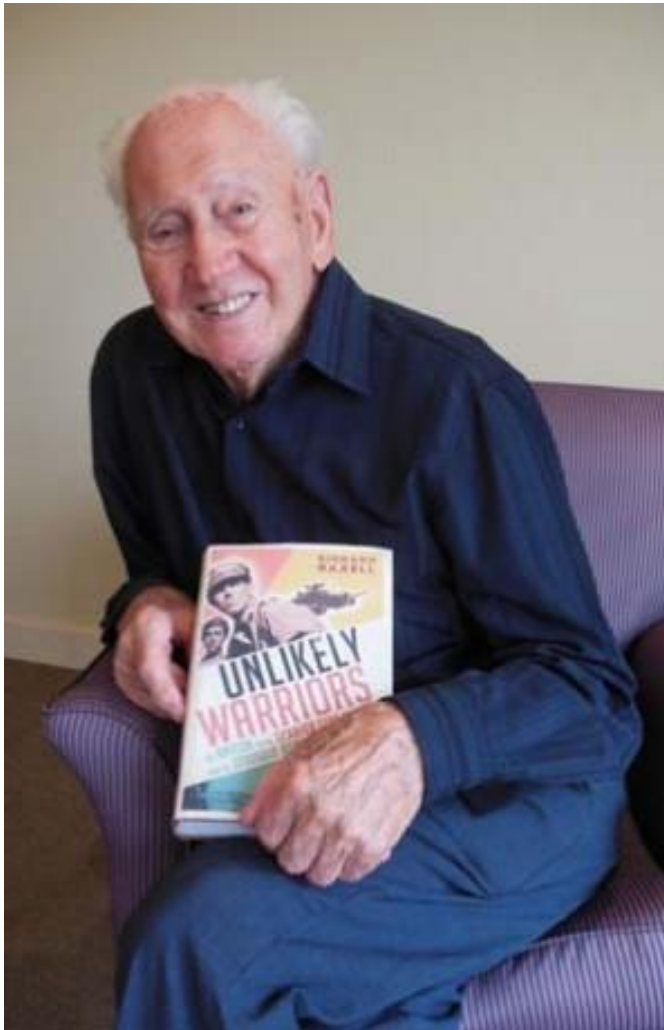
## Stan Hilton, an unlikely warrior

(condensed from the full story by Richard Baxell

- <http://www.richardbaxell.info/stan-hilton/>)

When David Lomon died just before Christmas, he was almost certainly the last of the volunteers from the Spanish Civil War still to be alive in Britain. Former comrade from London, Geoffrey Servante, was known to be alive a few years ago, no word has been heard for some time, so it seems all too probable that he too is, sadly, no longer with us.

There is, however, still one British veteran who is still very much alive and well. However he no longer lives in Britain, but in Australia. In Yarrawonga, to be precise, just over 200km north of Melbourne, on the border between Victoria and New South Wales. It's a long way from his birthplace of Newhaven (looking at the map, it's a long way from anywhere).



Not much is known about ninety-five year old Stan Hilton, and much of what we do know is a little vague. In order to find out more, he has been tracked down by the film maker David Leach, who wrote and produced the 2001 documentary, *Voices from a Mountain*. The film includes interviews with a number of British volunteers. It also has an unforgettable score, a beautiful re-working of the famous song from the civil war, *Ay Carmela*. I'm pleased to say that the documentary can still be watched on YouTube.

According to what he told David, Stan was nineteen when he jumped from his ship, the S.S. Pilson in Alicante in November 1937, after hitting an officer who'd been pushing him around. While the former ship's steward apparently recalled little of his time in Spain, he did remember assaulting another officer he had taken a dislike to.

He also described how, contrary to his and many other volunteer's perceptions, Spain was by no means always sunny. In fact, 'It was freezing. I was always bloody cold,' he recalled.

We know from documents held in London and Moscow that, following a period of training with the British Battalion, Stan became caught up in the chaotic Republican retreats which resulted from Franco's colossal offensive in the spring of 1938.

With the Republican army in disarray and communications having essentially broken down, Stan ended up swimming across the River Ebro to evade being captured (or worse) by Franco's soldiers, before deciding that he had had enough of the Spanish war.

In March 1938, with the British captain's permission, he boarded the SS Lake Lugano at Barcelona, and sailed for home.

During the Second World War Stan served in the British Merchant Navy and, after demobilisation, took the decision to emigrate to Australia with his young family. And there he remained.

Stanley Gordon Hilton is now ninety-five years of age. He is also, as David Leach will testify, still alert, fit and healthy. They say that the struggle keeps you young and it certainly seems to be the case with Stan. Which struggles, however are not entirely clear. As David Leach explained, although English-born, Stan has always possessed a traditional Australian attitude towards authority:

'I liked mucking about,' Stan recalled over a glass of red wine at home in Yarrawonga. 'I didn't like being ordered around'.





## February

Tilda Beale - 2nd

Pat Clarke - 11th

Heather Miles - 12th

Myrt O'Bryan - 14th

Phyll Harris - 18th

Maria Glavan - 20th

Phyll Dodd - 24th

Ken Blick - 25th

Bonnie Green - 25th

Elizabeth Harris - 25th

## Maintenance

If you have any maintenance requests please let the care staff know so it can be documented in the maintenance request book which Shaun checks every day.

This way we can ensure it is documented and followed up in a timely manner.



Maintenance requests include such things as blown light globes, hanging pictures, plumbing problems and walker or wheelchair issues.

Please don't try to fix these things yourself. We need to keep Shaun busy!

## Sponsor a Child Initiative

We are still looking for volunteers who would like to write to our sponsor children please speak to administration staff about this.

There is a folder located in the main lounge with copies of all correspondence that we have received so far.

**World Vision**

## Direct Debit

Woods Point suggest that all residents have direct debit payments set up for such frequent accounts as Telstra, Pharmacy and Newsagents.



We remind families that it is not always convenient for residents to get

to Belmore Street to pay their individual accounts nor is it easy for them to get to the bank to access their cash.

We have found that some residents do become distressed if they feel they are not able to pay their accounts on time.

And with the introduction of our Heat Wave Policy (see page 12) residents are not able to leave the facility unaccompanied once the outside temperature exceeds 32 degrees.

Woods Point policy is that staff and volunteers are not allowed to accompany residents to the bank as this could place them in a compromised position.

We have a very efficient Pocket Money system which is set up and managed by the administration staff and we recommend that all residents utilize this facility.

## Fun facts about Valentine's Day

- In addition to Australia Valentine's Day is celebrated in Canada, Mexico, United Kingdom, France, the United States, Denmark, and Italy.
- The most fantastic gift of love is the Taj Mahal in India. It was built by Mughal Emperor Shah-jahan as a memorial to his wife.



- Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.
- About 3% of pet owners will give Valentine's Day gifts to their pets.
- 64 percent of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.
- Teachers will receive the most Valentine's Day Cards, followed by children, mothers, wives, sweethearts and pets.

**Happy Valentine's Day!**



Sadly, we said goodbye to Bill Tindale in January. Bill will be sadly missed here at Woods Point. Our sympathies are extended to wife Bev and his family.



A recent blog was posted in Bill's honour - edited version below

<http://bronwenhealyphotography.blogspot.com.au/2013/01/vale-bill-tindale-january-2013.html>

## Vale William Stephen (Bill) Tindale. 23 January 2013.

William Stephen (Bill) Tindale was a former newspaper photographer and then picture editor, and the Tindale family was a little bit synonymous with news photography in Melbourne. He died early on Wednesday 23 January 2013. He was 84 years old. I knew his youngest son Darren Tindale pretty well.

I liked Bill Tindale, even though sadly he was nearing the end of his life when I finally got to meet him. Darren\* took me to meet him for the first time on 26 October 2012, which is almost 3 months before he died, then again during the first half of November.

His wit was still keen, and his eyes were still sharp. I think Bill would have been fun and engaging, and I would have had things in common with him, and probably lots to talk and probably argue about with Bill. I don't doubt that we could have grown close. And of course, there would have been loads to learn from him. Bill obviously liked pretty things. He commented a number of times about my hair and eyes being pretty.

We didn't think he'd remembered our visit, but on a later visit he asked a question which indicated he did have some recall of meeting me.

There were a couple of photographers talking about Bill's death in the Press Room at Caulfield on Saturday, so his memory had not disappeared from the world of press photography.





Bill loved thoroughbred horses and horse racing too, and what's not to like about that! Even though his mind was prone to wandering when I did finally meet him, we did manage a talk about an image he took of the 1965 Melbourne Cup winner Light Fingers with her 1973 filly foal.

I will not be able to go to the funeral. It's upsetting. So this is my little goodbye to someone I thought was pretty ace, and who I'd have loved to have gotten to know a little bit better. Timing is everything, they say, in life.

\*Bill's son Darren has followed in his father's footsteps and is also a photographer. Readers of The Herald Sun may often see Darren's photos among the newspapers pages.

### **The child and his mother:**

A curious child asked his mother: "Mommy, why are some of your hairs turning grey?"

The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!"

The child replied innocently: "Now I know why Nanna has only grey hairs on her head."

### **Dream:**

There was a couple sleeping. The wife had a bad dream, she woke up scared and cried. Her husband comforted her and asked why she cried, she replied: "I had a dream that a very rich and handsome man kidnapped me from you."

Husband: "It is ok honey, it was just a dream."

Wife responded loudly: "That's why I'm crying."

Each month we are profiling some of the expected outcomes of the Accreditation Standards. This month we focus on Expected Outcome:

### **3.9 Choice and Decision Making**

**Each resident (or his or her representative) participates in decisions about the services the resident receives and is enabled to exercise choice and control over his or her lifestyle while not infringing on the rights or other people.**

*The focus of this expected outcome is 'results for residents'*

*Results:*

- ⇒ *Management demonstrates that residents' decisions and choices to have control over their lifestyle have been recognised and respected.*
- ⇒ *Residents / representatives confirm their participation in decisions about services they receive and that they are able to exercise choice and control appropriate to their needs and preferences.*



Resident's individual choices and decisions are actively encouraged and supported by management and staff. Below are some examples of how this is achieved:

One to one discussions, resident /representative forums and monthly 'resident of the day' care plan reviews are in place to ensure the home provides residents and representatives with information to make decisions and have input into the resident's care and treatment.

The evaluation is made to see if any changes to the care plan are required. The evaluation and any changes are made in consultation with the resident and/or their representative.

Residents have access to forums and surveys to discuss care provision, menu planning and lifestyle activities.



Resident / family meetings are conducted on the 1<sup>st</sup> Thursday of every month at 10.30am. All residents and their family members and representatives are welcome to attend this meeting.

The purpose of meetings is to provide an opportunity for residents and their family members / representatives to comment on matters relating to the facility and be involved in decision making about the operation of the facility.



Management and staff are committed to providing the best care options and service to the residents.

To assist us to ensure our systems are working well residents and visitors are encouraged to complete an Improvement Form when they identify an area in which we can improve. An Improvement form is located in the low care lounge room and high care, care station as well as can be obtained from reception. Improvement forms can be used for suggestions, compliments or complaints.

Completed Improvement Forms can be posted to the Director of Nursing or placed in the suggestion box located at in lounge room and care Station 3.

The Director of Nursing is available during office hours if you wish to discuss any concerns.

Marita Seamer

Bentley Wood Aged Care Management  
Form 2.0.1

#### IMPROVEMENT FORM

Date: \_\_\_\_\_

☐ Suggestion ☐ Complaint ☐ Compliment

Please detail below:

---

---

---

If you have a concern, what is your suggested improvement?

---

---

Name and contact details (optional) \_\_\_\_\_

Thank you - we appreciate your comments.

Please place completed form in the locked Suggestion Boxes on the communication table in the residents lounge area in Low Care or in Care Station in High Care. Please ask a staff member to assist, if needed.

Feedback is via logbooks located near Suggestion Box in Low Care lounge and in staff room, Or direct contact as applicable.

Office Use Only

Date received:	
Method (letter, telephone, person, Resident/Staff meeting):	
Logged IF No.	
Date Actioned:	
Result of Action:	
Staff Signature & Date:	
Feedback to Generator:	LOGBOOK



# Goulburn & Ovens - February 2013



Mon	Tue	Wed	Thu	Fri	Sat	Sun
				<b>9.30 Men's Shed</b> 9.45 Tai Chi 10.00 Exercises 11.00 Bowling comp 1.30 Kiosk/Movie 3.00 Happy Hour	9.45 Tai Chi 10.00 Exercises 11.00 Table Ball 1.30 Movie	9.45 Tai Chi 10.00 Exercises 11.00 Scrabble 1.30 Movie
9.45 Tai Chi 10.00 Exercises 11.00 Bobs 1.30 Movie 1.30 Coffee Spectacles 3.00 Quiz	<b>9.30 Catholic Church</b> 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge <b>1.30 Fruit Market</b> 3.00 Story	<b>Special Breaky</b> 9.45 Tai Chi 10.00 Exercises 11.00 Balloon Tennis 1.30 Movie/ Bingo 1.45 Room Visits	9.45 Tai Chi <b>10.30 Resident Meeting</b> 11.00 Trivia Quiz <b>1.30 Redshift</b>	<b>9.30 Men's Shed</b> 9.45 Tai Chi 10.00 Exercises 11.00 Bowling comp 1.30 Kiosk/Movie 3.00 Happy Hour	9.45 Tai Chi 10.00 Exercises 11.00 Bobs 1.30 Movie	9.45 Tai Chi 10.00 Exercises 11.00 Memory Cards 1.30 Movie
9.45 Tai Chi 10.00 Exercises 11.00 Table Ball 1.30 Movie 1.30 Coffee Spectacles 3.00 Quiz	<b>9.30 Catholic Church</b> 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge <b>1.30 Fruit Market</b> 3.00 Story	9.45 Tai Chi 10.00 Exercises <b>10.00 Car Museum</b> 11.00 Beanbag/Bucket 1.30 Movie/Bingo 1.45 Room Visits	9.45 Tai Chi 10.00 Exercises 11.00 Bobs 1.30 Movie <b>1.30 Scenic Drive</b> 3.00 Story	<b>9.30 Men's Shed</b> 9.45 Tai Chi 10.00 Exercises 11.00 Bowling comp 1.30 Kiosk/Movie 3.00 Happy Hour	9.45 Tai Chi 10.00 Exercises 11.00 Pianola 1.30 Movie	9.45 Tai Chi 10.00 Exercises 11.00 Trivia Quiz 1.30 Movie
9.45 Tai Chi 10.00 Exercises 11.00 Balloon Tennis 1.30 Movie 1.30 Coffee Spectacles 3.00 Quiz	<b>9.30 Catholic Church</b> 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge <b>1.30 Fruit Market</b> 3.00 Story	9.45 Tai Chi 10.00 Exercises 11.00 Memory Cards 1.30 Movie 1.30 Bingo 1.45 Room Visits	9.45 Tai Chi <b>9.45 Uniting Church</b> 10.00 Exercises 11.00 Bobs <b>1.30 Paradise Queen</b> 3.00 Story	<b>9.30 Men's Shed</b> 9.45 Tai Chi 10.00 Exercises 11.00 Bowling comp 1.30 Kiosk/Movie 3.00 Happy Hour	9.45 Tai Chi 10.00 Exercises 11.00 Quiz 1.30 Movie	9.45 Tai Chi 10.00 Exercises 11.00 Beanbag/Bucket 1.30 Movie
9.45 Tai Chi 10.00 Exercises 11.00 Beanbag/Bucket 1.30 Movie 1.30 Coffee Spectacles 3.00 Quiz	<b>9.30 Catholic Church</b> 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge <b>1.30 Fruit Market</b> 3.00 Story	9.45 Tai Chi 10.00 Exercises 11.00 Table Ball 1.30 Movie 1.30 Bingo 1.45 Room Visits	9.45 Tai Chi 10.00 Exercises 11.00 Bobs 1.30 Movie <b>1.30 Scenic Drive</b> 3.00 Story			