



# What's The Point?

July 2013

Woods Point recently welcomed visitors from our sister facility Myrtleford Lodge Aged Care. Woods Point residents quickly made the visitors feel at home spending a bit of time getting to know each of the visitors and showing them our facility.

Lunch time saw some shuffling of table places with the Lodge residents mingling in the dinning room amongst our residents all spending an enjoyable lunchtime chatting and laughing amiably.

It was a shame that the visitors could not stay longer, but with an hour long drive ahead of them, they piled back on the bus, passing on compliments to the Chef and kitchen staff for the roast lunch and in particular the delicious chocolate pudding as they left.

We also had to promise that we would return the visit to them at Myrtleford Lodge, so any residents that would like to visit Myrtleford on July 18th please let activity staff know.

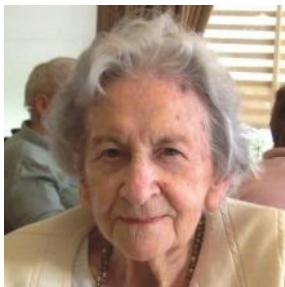


Pictured above is Woods Point resident Lynne Lewthwaite getting to know sisters-in-law Vanda Rinaldo, and Mary Zamperoni. More pictures on page 3.

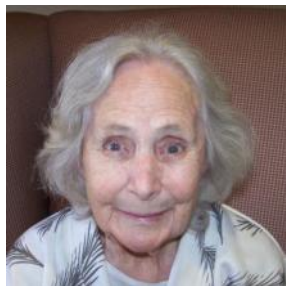


Sadly Woods Point has said goodbye to a number of residents during the past month.

Winnie Fisher, Betty Ling, Marje Kelly and Phyllis Dodd, Ray Ericson, Peggy Voisey and Lorna Purvis have all passed away and our deepest condolences are sent to their families.



It's sad to say goodbye to these residents. The close community of Woods Point means that good friendships are often formed in short periods of time and that makes it difficult for some of us that are left behind.



Woods Point management offer support to the friends who may

need someone to talk with during the grieving process.

Please speak to a staff member if you feel you need further support.

Podiatrist  
Visit  
July 29th,  
30th and 31st





The Ladies and Gentlemen in low care were eager to get their Mars Bar slice ready for afternoon tea. The Mars Bar Slice was easy to make, If you were fortunate to be visiting that afternoon you would of enjoyed a slice with your cuppa. WHAT ARE WE COOKING NEXT???????



Pictured right are Myrtleford Activities staff member Shona with resident Jack Cox, enjoying the visit to Woods Point.



Left is Ruth Cross getting to know respite resident Anne McPherson.



July Birthdays are:  
Carmel O'Dwyer ~ 2nd  
Kathleen Sheward ~ 3rd  
Kevin McCarthy ~ 5th  
Joan Fisher ~ 21st  
Jeane Knights and  
Mary Hamm ~ 22nd  
Nancy McDade and  
Frances Hickey ~ 23rd  
Ivan Hosking and  
Tom Ryan ~ 27th  
Molly Hehir ~ 28th  
Happy Birthday to you all!



## Happy 100th Birthday Edna!

Edna was born Elsie Honora Harris on the 1st June, 1913 in London. But she likes to be know as Edna.

She came to Australia on the ship the "SS Indrapura" in 1914 and the family settled in Warrnambool, where her sister Theresa was born.

Edna worked as a mothercraft nurse and then had a change of position where she worked in the Silver Grill at the Australia Hotel, in Melbourne.

When the war broke out Edna worked in the munitions factory in Melbourne.

Edna met Tom Etchells in 1942 on Spencer Street station when Tom was going off to war, they kept in contact and married on the 30th October 1943 at Stephens Church of England in Richmond.

They lived in Kensington for 4 years and had 2 children Jan and Dennis.

Tim McCurdy MP paid a special visit just to see Edna for her 100th Birthday!



Edna and Tom shifted to Yarrawonga in 1949 and eventually they built a house on the corner of Witt and Coghill Street, the house was called “Green Gables”.

Tom and Edna built the house themselves with Tom making every brick. They grew lots of vegetables and sold them to many local families.

They went on to have 2 more children; Wendy and Neville.

Over the years Edna was involved with many organisations including the RSL, Hospital Red Cross and Kindergarten.

The family loved to go camping along the river, their favourite place being Bruce’s Bend where there was so much fun playing cricket and swimming.

Edna was naturalised on the 4<sup>th</sup> of June in 1992, so then called herself a true Aussie.

In 2003 Edna’s husband Tom passed away after almost 60 years of marriage, Edna lived at home until 2006 where she moved to Woods Point Aged Care.

A large crowd gathered in the dining room to help Edna celebrate and on day prior and on the day Edna had a large party at Yarrawonga Mulwala Golf Club Resort with family and friends in attendance.



**Pictured: Edna receives a special birthday card from Woods Point’s other centenarian Myrt O’Bryan.**

## Home Brew ...

A recent taste test was completed on the Woods Point Lager which is being brewed by some of our residents.

The results of the test were not favorable and it has been decided that the Lager needs to brew for awhile longer before it is ready for consumption.

I guess it does not pay to be too eager.



## Sacred Heart Students

A recent visit of 19 students ranging from grade Prep to Six was a welcome distraction for the Woods Point Residents. With a game of Bobs on the program it was soon turned into a challenge between residents and students. It was a very close competition with the residents team just beating the students team with scores of 1980 to 1880.



Merv sends a Bob along the way!





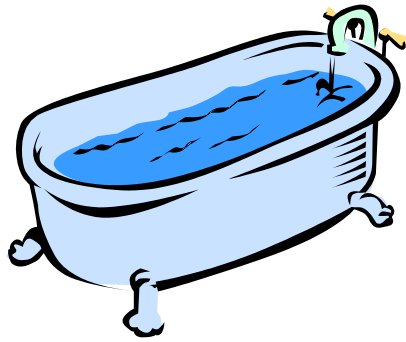
The students have vowed to return for round two of the challenge and to come out the victors next time.

Above Norma aims for the highest score and left Francis is also hoping to get top score with her shot.



The concentration was evident on everyone's faces as they attempted to get their balls through the highest scoring arch in the Bob's board.

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"



"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub."



"Oh, I understand," I said. "An older person who is capable of looking after themselves at home would use the bucket because it is bigger than the spoon or the teacup."

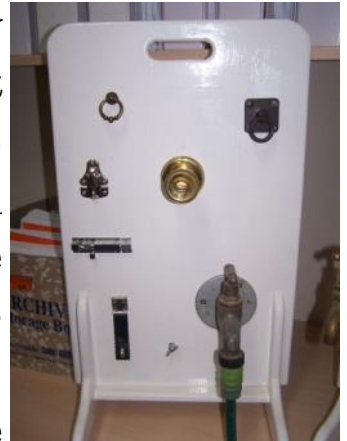


"No" he said. "An older person who can look after themselves at home would pull the plug. Do you want a bed near the window?"

## Fiddle Boards

Our wonderful Men's Shed group has made some fiddle boards for our high care residents.

These boards are aimed specifically at residents with dementia who get bored easily and are not able to participate in some of the other activities.



Staff have found that some residents get great satisfaction with 'fiddling' with the various locks, taps, chains and handles and can spend a long time trying the different items on each board.

Thank you to the Men's shed volunteers who have put these boards together providing our residents



with hours of entertainment in the future.





Lucy Newton was the lucky winner of the May guessing competition and is pictured here with the lovely coffee cup which was her prize for guessing the correct number of stones in the jar. July completion will be open shortly and we hope for a large number of participants.



## Move it or lose it!

You've heard the saying and we cannot say it enough. It truly is beneficial to keep moving, keep active and get the joints and muscles going each and every day.

Do you have a regular exercise routine? Many of our residents go outside for regular walks around the facility grounds. If you don't feel comfortable going on your own then ask someone if you can walk with them.

Do you participate in the Tai Chi or Daily Exercises that occur in the main lounge? It's a great, low impact way to ensure that "all" of your body get's a good going over.

Exercise helps with balance. Therefore reducing your risk of a fall and minimizing your chance at injury.

Have you noticed your clothes are getting a little bit tighter each week? Well exercise can help to keep your weight in check.

Even on cold days you can get plenty of exercise just by walking the corridors of the facility. For example walking from the water cooler in the dining room to the water cooler in Wing 4 and back again is a 120metre walk. Do this walk 9 times a day and you've completed a 1km walk for the day. Not a bad effort for not much work!

Sponsor a  
Child Initiative

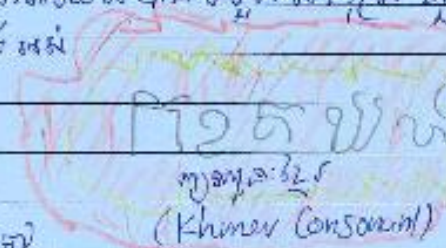
World Vision



ការផ្ញើសំបុត្រ

## Greetings From Cambodia

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អ្នកគ្រប់គ្រង ក្នុង ឈ្មោះ កុមារ ខ្មែរ

### Translation:

Dear Woods Point Aged Care,

I am very happy to receive a letter with a picture from you. I and my family are very happy and we would like to express thanks for you all. I will try to study hard. I wish you all for longevity and healthy. May God bless you! With love Samnang.

Please speak to administration staff if you wish to respond to this letter or send a letter to any of our sponsor children.

If you are new to Woods Point and would like more information about how to be involved please contact administration staff.



## Do you have a representative?

Administration staff are able to guide you to appropriate people to organise for an authorised representative if you do not have one. An authorised representative is able to make decisions on your behalf if you are no longer able to.



## Your Say!

Comments and complaints can be made verbally or in writing via an Improvement Form. Staff are able to assist with this.



Comments/Complaints are investigated and actioned as relevant.

Outcomes are relayed in writing as appropriate, and will be noted in Resident Logbook in Low Care lounge, and/or reported at Resident meeting and/or newsletter dependent on the topic or subject – always ensuring confidentiality.

## Transport to Appointments

Family members are expected to transport residents to/from appointments.

As a very last resort, should a family member be unable to transport the Resident, Woods Point will contact a staff member to provide transport with all costs involved passed on to the Resident .

Should a staff member be called in to transport, a minimum of three hours wages plus mileage will be charged.

We look forward to your ongoing assistance with transportation and thank families for their support as always.

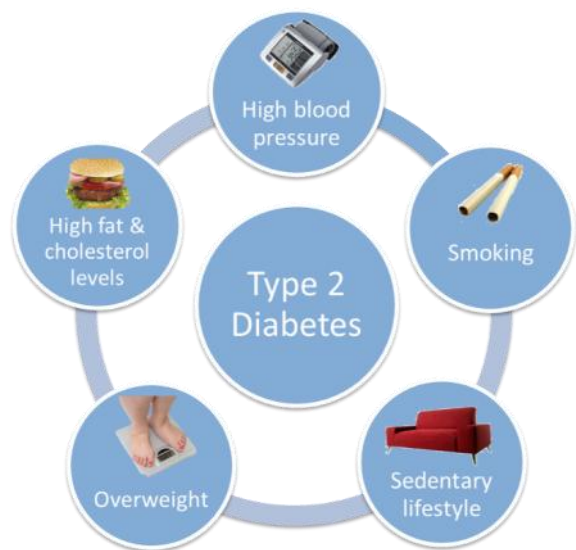


## Diabetes - A Disease You Can Manage

Diabetes is a serious disease. People get diabetes when their blood glucose level, sometimes called blood sugar, is too high. Diabetes can lead to dangerous health problems, such as having a heart attack or stroke. The good news is that there are things you can do to take control of diabetes and prevent its problems. And, if you are worried about getting diabetes, there are things you can do to lower your risk.

### What Is Diabetes?

Our bodies change the food we eat into glucose. Insulin helps glucose get into our cells where it can be used to make energy. If you have diabetes, your body may not make enough insulin, may not use insulin in the right way, or both. That may cause too much glucose in the blood.



### Types Of Diabetes

There are two kinds of diabetes that can happen at any age. In type 1 diabetes, the body makes little or no insulin. This type of diabetes develops most often in children and young adults.

In type 2 diabetes, the body makes insulin, but doesn't use it the right way. It is the most common kind of diabetes. You may have heard it called adult-onset diabetes. Your chance of getting type 2 diabetes is higher if you are overweight, inactive, or have a family history of diabetes.

Diabetes can affect many parts of your body. It's important to keep type 2 diabetes under control. Over time it can cause problems like heart disease, stroke, kidney disease, blindness, nerve damage, and circulation problems that may lead to amputation. People with type 2 diabetes have a greater risk for Alzheimer's disease.



## Managing Diabetes

Once you've been told you have type 2 diabetes, the doctor may prescribe diabetes medicines to help control blood glucose levels. There are many kinds of medication available. Your doctor will choose the best treatment based on the type of diabetes you have, your everyday routine, and other health problems.

**In addition, you can keep control of your diabetes by:**

- **Tracking your glucose levels.** Very high glucose levels or very low glucose levels (called hypoglycemia) can be risky to your health.
- **Making healthy food choices.** Learn how different foods affect glucose levels. For weight loss, check out foods that are low in fat and sugar.
- **Getting exercise.** Daily exercise can help improve glucose levels in older people with diabetes. Ask your doctor or Woods Point staff to help you plan an exercise program.
- **Keeping track of how you are doing.** Talk to your doctor or the staff at Woods Point about how well your diabetes care plan is working. Make sure you know how often to check your glucose levels.



Your doctor may want you to see other healthcare providers who can help manage some of the extra problems caused by diabetes. He or she can also give you a schedule for other tests that may be needed. Talk to your doctor about how to stay healthy.

Here are some other things to keep in mind:

- **Check your cholesterol.** At least once a year, get a blood test to check your cholesterol and triglyceride levels. High levels may increase your risk for heart problems.
- **Watch your blood pressure.** Get your blood pressure checked often.

# Hairdresser

## New Prices as at 8th July, 2013

Ladies Hair Cut \$20.00

Ladies Shampoo & Cut \$25.00

Ladies Shampoo, Cut and Set (or Blow  
wave) \$30.00

Men's Hair Cut \$15.00

Perm \$60.00

Tint \$50.00

Tint and Trim \$60.00

Blow Wave \$20.00

Shampoo Set \$20.00







## Mandolin Music

Yuri, the podiatrist, delighted our residents and staff recently with a few numbers played on the Mandolin.

Yuri, has recently been learning to play this musical instrument and felt confident enough to perform for us.

Modern mandolins, which originated in Naples, Italy, in

the late 18th century, commonly have four pairs of metal strings, which are plucked with a plectrum (pick).

The mandolin, as many people are discovering, is a fantastically versatile instrument, sharing some of the best qualities of both the guitar and the violin. Mandolins and banjos are most commonly heard in bluegrass, blues and some classical styles.

Yuri certainly played some toe tapping tunes for us.

# 2013 AFL

## FOOTY TIPPING COMPETITION








With round 14 just completed and only 9 more rounds until the end of the season our current leader board looks pretty tight. Bob Nevin is in front with 82, followed closely by John Grant and Phyllis Dodd on 81, Tim Crossin and Carmel O'Dwyer are not far behind them on 80.

Phyllis' son-in-law John has taken over her tipping for the rest of the season and we hope that he keeps up the high standard that she has set so far.



# Goulburn & Ovens

# July 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cook - Eton Mess 3.00 Afternoon Tea</p>	<p>2 9.30 Catholic Church 10.00 Exercises 10.30 Carpet Bowls 1.30 Scenic Drive 3.00 Quiz</p>	<p>3 9.45 Tai Chi 10.00 Exercise 11.00 Balloon Tennis 1.30 Bingo/Movie 3.00 Birthday - Kath</p> 	<p>4 9.45 Tai Chi 10.30 Resident Meeting 11.30 Hangman 1.30 Target Shopping 3.00 Mulwala Bakery</p>	<p>5 9.30 Men's Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk/Movie 3.00 Happy Hour</p>	<p>6 9.45 Tai Chi 10.00 Exercise 11.00 Singalong 1.30 Movie</p>	<p>7 9.45 Tai Chi 10.00 Exercise 11.00 Beanbags 1.30 Movie</p>
<p>8 9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking 3.00 Afternoon Tea</p>	<p>9 9.30 Catholic Church Track Suits and Picnic Day</p> 	<p>10 8.00 Special Breaky 9.45 Tai Chi 10.00 Exercise 11.00 Hangman 1.30 Bingo/Movie</p>	<p>11 9.45 Tai Chi 10.00 Exercises 11.00 Balloon Tennis 1.30 Op Shopping 3.00 Mulwala Bakery</p>	<p>12 9.30 Men's Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk/Movie 3.00 Happy Hour</p>	<p>13 9.45 Tai Chi 10.00 Exercise 11.00 Bobs 1.30 Movie</p>	<p>14 9.45 Tai Chi 10.00 Exercise 11.00 Word Challenge 1.30 Movie</p>
<p>15 9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cook - Jam Drops 3.00 Afternoon Tea</p>	<p>16 9.30 Catholic Church 10.00 Exercises 10.30 Carpet Bowls 1.30 Scenic Drive 3.00 Quiz</p>	<p>17 9.45 Tai Chi 10.00 Exercise 10.30 Piano Lady 1.30 Bingo 1.30 Movie</p>	<p>18 9.30 Visit to Myrtleford 10.00 Exercises 11.00 Quiz 1.30 Movie</p>	<p>19 9.30 Men's Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk/Movie 3.00 Happy Hour</p>	<p>20 9.45 Tai Chi 10.00 Exercise 11.00 1.30 Bingo</p>	<p>21 9.45 Tai Chi 10.00 Exercise 11.00 1.30 Movie 3.00 Birthday - Joan</p> 
<p>22 9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking 3.00 Afternoon Tea</p>	<p>23 9.30 Catholic Church Pajamas and Hot Chocolate Day Birthday Nancy &amp; Frances</p> 	<p>24 9.45 Tai Chi 10.00 Exercise 11.00 Bobs 1.30 Bingo 1.30 Movie</p>	<p>25 9.45 Tai Chi 10.00 Exercise 11.00 Table Ball 1.30 Scenic Drive 3.00 Quiz</p>	<p>26 9.30 Men's Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk/Movie 3.00 Happy Hour</p>	<p>27 9.45 Tai Chi 10.00 Exercise 11.00 1.30 Movie 3.00 Birthday - Ivan</p> 	<p>28 9.45 Tai Chi 10.00 Exercise 11.00 1.30 Movie</p>
<p>29 9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking 3.00 Afternoon Tea</p>	<p>30 9.30 Catholic Church 10.00 Exercises 10.30 Carpet Bowls 1.30 Scenic Drive 3.00 Quiz</p>	<p>31 9.45 Tai Chi 10.00 Exercise 10.30 Piano Lady 12.00 Chinese Lunch 1.30 Bingo/Movie</p>	