



What's The Point?

June 2013

Boorhaman Hotel Lunch

On an unusually wet and drizzly day in May a bus load of residents and one visitor set off on a scenic drive through Bundalong, Peechelba and the surrounding district (*and no-o-o ... , contrary to some passenger suggestions - the bus driver did not get himself lost!*) to visit the Buffalo Brewery and have a counter lunch at the Boorhaman Hotel.

Unfortunately the brewery wasn't operating that day, which meant we weren't able to take a tour, so our group of intrepid travelers had to contend themselves with a feed and a couple of social drinks before wending their way back to Yarrawonga and a quick stop at Maccas to complete the outing with a soft-serve ice cream before returning to Woods Point.



Pictured, shortly before boarding the bus for home are:
Ian Miller and wife Ruth, Mary & Frank Elliott, Tony Day,
Stan Hilton, Ivan Hosking, Tony Doyle and Des Jones.

Painting

The last Monday in April was a bit gloomy, cool and wet.

So the residents decided on an indoor activity of painting Mothers Day decorations. Resident could either free form paint or "colour in" printed images that all related to the theme of Mothers Day.

The interpretation of the art being produced was an integral part of it all and whilst the ladies in this picture look serious they did enjoy the painting session.



Appointments

Residents and relatives are reminded that if residents have an appointment outside of the facility (doctor, specialist, hairdresser, optometrist) please notify the care staff so that it can be recorded in the appointments book and staff will ensure that the residents are ready in time to leave for the appointment.



Podiatrist Visit June 17th, 18th & 19th



Sleeping tablets: the right solution?

While it may be tempting to resort to sleeping tablets if you're having trouble sleeping, in most cases it's best to avoid them because they can cause all sorts of problems, particularly when used long term.



Sleeping tablets may help you to fall asleep more easily, but they also make you sleep more lightly. As a result, you will usually feel less rested and less refreshed the next day.

Side effects

Sleeping tablets can cause side effects, including drowsiness, dizziness, unsteadiness, memory loss, confusion and poor concentration.

These side effects often persist into the next day, particularly in older people. This can make it harder for you to carry out your normal activities. It also makes you more likely to have accidents and falls during the night and into the next day.

Interactions with alcohol and other medicines that make you drowsy or dizzy can exacerbate these side effects. Medicines to watch out for include some strong pain relievers, some antihistamines, and some medicines used to treat anxiety and depression.

Long-term use is a problem

If a sleeping tablet is necessary, it should be used only as a short-term solution for no more than a few days at a time, and only after talking to your doctor or pharmacist.

Sleeping without tablets

The best way to avoid problems is not to use sleeping tablets, and to use other ways of helping you get to sleep. In the long term, developing good sleep habits is usually a better way of overcoming sleep problems than using medicines. Sleeping naturally also results in a deeper and more refreshing sleep.

Good sleep habits

Set your body clock

You can help to set your body clock by going to bed and getting up at the same time every day, regardless of how well you slept the previous night.

Sunlight helps to set your body clock, so try to get some sunshine every day.

Be active

Doing some physical activity during the day makes it easier to fall asleep and improves the quality of your sleep. However, don't exercise too late in the day as this can make it harder to get to sleep.

Avoid naps

Avoid having a nap during the day. If you do nap, restrict your nap to no more than 20 minutes, before 3 pm.

Avoid stimulants

Reduce your daily caffeine intake, and avoid caffeine drinks, such as tea, coffee, energy drinks and cola, after lunch time.

Avoid smoking late in the evening.

Avoid alcohol

Alcohol before bedtime may help you to doze off. However, it will also disturb your normal sleep rhythm, so you won't tend to sleep as well.

Have a bedtime routine

Get your body into 'going to sleep' mode by having a regular 'going to bed' routine in the hour or so before bedtime. Your routine might include things like having a light bedtime snack, reading a book, or listening to the radio.



Seek help

If you're practising good sleep habits and still not getting a good night's sleep, talk to your doctor. You may need another type of treatment, or you may have an underlying condition that's causing your sleep problem.

Pension and Medicare Cards

Woods Point requires up-to-date information on residents Pension and Medicare cards. If you as a resident receive a new card please bring it to reception so that we may copy the card and update our records accordingly.



If any relatives receive the cards on behalf of the residents we also request that you bring the card to reception so that administration staff can copy and update the residents records.



Your assistance with this matter is greatly appreciated.



Farewell to Bill

Bill Tunstall left us on the last day of April with an afternoon tea given to him by Woods Point. Bill made a wonderful speech; although received some well meaning heckling from the other residents.

We will miss you Bill as a resident, as the Chairman of the Resident / Representative meetings and as a valued member of the Woods Point community and we wish him luck in his new home.



WAIT FOR IT ...

In a month or so we hope to be serving this at Happy Hour ...



Several of our more enterprising men folk are busy brewing up a delicious batch of “home brew” to share with all of their beer drinking mates here at Woods Point.

Of course, we wish them every success and look forward to sampling the end result.

Friendlylies

This month the entertainment was supplied by the Catholic Primary School students.

The students sang some beautiful songs after handing out song sheets allowing for those in attendance to join in the singing.

Before they left, the children mingled with the residents proffering small white roses to all the ladies in honour of Mother’s Day.

As always the Anglican ladies provided a tasty and refreshing afternoon tea. Anyone who would like to join the Friendlylies group visits, just inform the activity staff. The next visit is scheduled for the afternoon of June 6th.



Pat Munro and Tony Day were amongst a number of residents who attended the May Friendlylies meeting.



Clothing and Laundry

A full laundry service operates at no additional cost to residents. This service will wash all clothing items that can be washed by a standard machine cycle and tumble dried. Items requiring special care, such as woollens, need to be attended to by the family.



Ironing will not be done by staff however facilities are available in the resident's laundry.

All clothing must be clearly, but discreetly labelled with the resident's name. This is the residents/relatives responsibility, please check items regularly, as no responsibility is accepted for lost clothing not labelled.

Residents generally require frequent changes of clothing therefore it is important to ensure residents have an adequate supply of clothes for day to day use. Clothing should be adequate in size, design and material to accommodate ease of dressing and undressing. The up-keep of resident's clothing, including underwear, remains the responsibility of the resident/family. Refer to Appendix A (of the resident handbook) for a list of suggested recommended clothing.

Woods Point are able to order clothing labels which can be suitably attached by us. These labels will not come off in our washers/dryers and are recommended over the iron types of labels which will fall off easily. Please see administration staff to order clothing labels.



May Competition Winner is Lucie Newton. Lucie guessed 144 stones in the jar and won a wonderful prize. Nancy McDade and Jim Sanderson were close with both guessing 142.

Keep your eyes peeled for the June competition!

· B I N G O ·



Once again volunteer Lorraine made the weekly bingo just a little bit more special in honour of Mother's Day. With baskets full of goodies including, chocolates, soft toys, picture frames and many other items. All of the residents were eager to win one of the baskets and were paying extra

close attention when the numbers where being called out.

Pictured here are some of the lucky winners Daisy and Merv. Other winners included Edna, Phyllis and Maria.



Mulwala Bakery

This Bakery is a very popular destination for our residents.

With a huge array of cakes and slices on offer it can sometimes take us a little while to decide which scrumptious delight to have.

Then there are the drinks, do we have a cappuccino? flat white coffee? or a nice cold iced coffee?

If you are tempted by delicious looking goodies then let the activities staff know that you want to be included in the next trip.

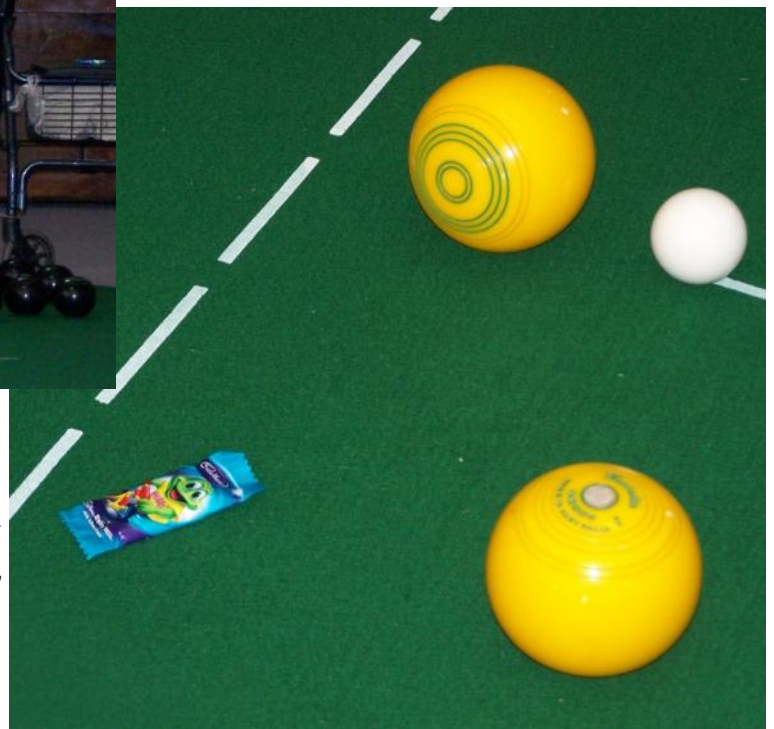


Chocolate Bowls.

This is the same game as carpet bowls but instead of aiming for another ball – we aim for chocolate frogs.

Where else do you get a game that consists of a long green

mat with chocolate frogs scattered over it and if you are lucky enough to hit one of the frogs it is yours.



Nombre: MORALES GARCIA, Keidy B.

No. de identificación: 178247-3313

Querido patrocinador es
un gusto saludarlo. Espero
que usted lee esta carta

El motivo de la carta es
para decirle lo mucho que
nos está ayudando a mi
y a mi familia sea
adelante y que Dios
me lo bendiga.

Atentamente
Teresita García
Madre

Sponsor a Child Initiative

Left is a copy of a recent letter received from the parent of one of our sponsor children.

Below is the translation of that letter.



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.

Visión Mundial®

Translation

Name: Morales García, Keidy B.
ID: GTM-178247-3313

Dear sponsor

It's a pleasure to greet you. I hope you read this letter.

The reason for this letter is to tell you how much you are helping and supporting me and my family. Keep up the good work and God bless you.

Sincerely,
Teresita García
Mother

Please note that any correspondence for your sponsored child must continue to be sent to the following address: World Vision Guatemala, Apartado Postal 326 "A" Guatemala Ciudad, Guatemala Central America.

**Our vision for every child, life in all its fullness.
Our prayer for every heart, this will make it so.**

Mother's Day

Activities and Kitchen staff at Woods Point made sure that all of our Mother's enjoyed their special day, each of the ladies were given a gift voucher for a beauty treatment and a small container of sweets, the ladies were also invited to attend a High Tea that afternoon.



They were treated to scones, caramel mud cake, chocolate mud cake and iced lemon cake all served in the tradition of 'high tea' with tea stands and ornate platters.



Many family members also enjoyed the afternoon tea with their Mum's and Grandmothers.

A big thank you to all staff who helped make this a special day.



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.



June Birthdays

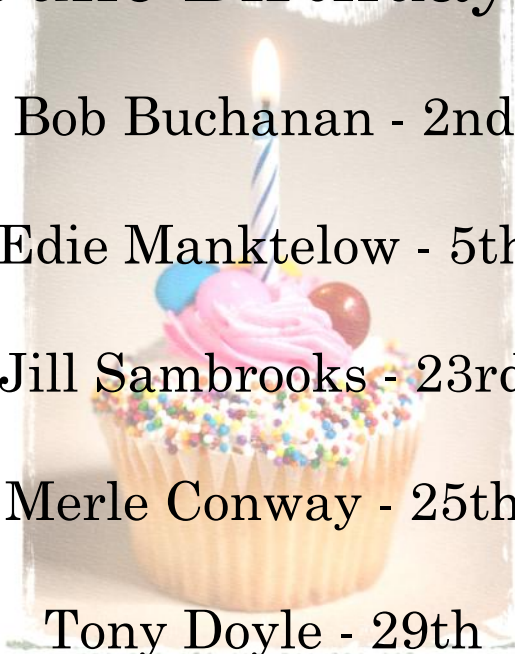
Bob Buchanan - 2nd

Edie Manktelow - 5th

Jill Sambrooks - 23rd

Merle Conway - 25th

Tony Doyle - 29th



Volunteer High Tea.

This month we celebrated Volunteer Week by providing a High Tea for all our volunteers. The table was set beautifully with fine tea cups and saucers, cake stands and slice trays. Byron and the kitchen staff assisted with freshly baked mini muffins, savoury scones and a home baked lemon slice by Marita.

These ladies and gentlemen give us their time each week and very rarely miss a day.

Without these people our residents would not be able to enjoy as many activities, outings and fun times. So here is a big thank you to all our volunteers these wonderful people that give us so much.



Thank
You

Fev!

Woods Point residents were surprised and pleased with a visit from former AFL player Brendan Fevola recently.

Fev had received word that one of our residents was a lifelong Carlton supporter and thought he should pay her a visit. Pat Clark was very surprised when he showed up at her door and introduced himself. Pat invited him in to view the Carlton memorabilia that adorns her room.

Fev then made his way to the main lounge in search of another Carlton supporter Tim Crossin. Tim was also very pleased to meet the former Carlton big man.

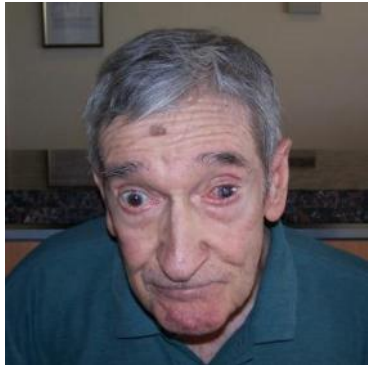


Whilst visiting Fev chatted with a few of the other residents and expressed regret that he could not stay and enjoy happy hour or meet more of the resi-



dents as he was rushing off to umpire a junior football game.





Woods Point residents and staff bid farewell to Ken Blick who passed away during May.

Ken was an avid Bingo player who will be very sorely missed at the weekly game and at Woods Point in general. Our sympathies are extended to Betty and her family.



Mother's Day Raffle Winners

1st – White plush ladies dressing gown – Deb Weygood.

2nd – Basket with ladies blouse, toiletries, and two books – Francis Hickey.

3rd - Hand made throw rug with two books – Pat Clark.

4th – Ladies handbag containing toiletry and make-up bags – Dot Cole.

Special thank you to John Grant's daughter, Alison for the donation of the dressing gown from her clothing range.

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.

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

3.6 Privacy and Dignity

The expected outcome of 3.6 is that each resident's privacy, dignity and confidentiality is recognized and respected.

Privacy refers to a personal right to keep others from gathering or using information about you in unpermitted ways. It may include confidential information, but more generally includes the right to be "left alone".



Confidentiality refers to the act of keeping documents or objects safely tucked from the hands and eyes of those who are not meant to see or hear them.

Therefore in summary privacy relates to security of information whilst confidentiality refers to only sharing information with others on a need to know basis.

Woods Point ensures that each resident's right to privacy, dignity and confidentiality is respected. This is achieved by the following:

- Privacy policies and procedures in place to ensure compliance with the Privacy Act
- All residents have their own room that is lockable and residents may carry a personal key.
- All rooms contain lockable drawers.
- Personal presentation, hygiene, continence management routines and mealtime assistance are managed to preserve the dignity of the resident at all times.
- Staff knock and request permission before entering a resident's room.
- Staff ensure that all personal care is conducted with respect to the resident's privacy and dignity.

- Staff ensure that any discussions of a confidential nature are held in a private area

- All residents documentation is securely stored and confidential documentation that is no longer required is shredded.

- Archived documents are securely stored in a dedicated, locked archive room.

- New archive room built in September to ensure all files securely locked with access by key personnel only

- Electronic documentation is password protected with restricted levels of access and there is an automatic back-up process

- Small lounge areas and external courtyards are available for small groups

- Consent for the use and display of personal information and photographs

- The residents' information booklet, staff handbook, volunteers handbook and suppliers handbook includes expectations related to ensuring residents' privacy and confidentiality

- Signed service agreements with external providers include a privacy and confidentiality clause



Effectiveness is evaluated through resident surveys, observation of practice, resident meetings, audits, complaints and discussions.






If you have any concerns that your personal information is not protected please speak to Marita as soon as possible as it is essential your information is kept confidential at all times.



Marita Seamer
Director of Nursing

Murray

June 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>3</p> <p>Crossword</p> <p>Memory Cards</p> <p>Cooking - Choc Crackles</p> <p>Afternoon Tea</p> <p>Reminiscence</p>	<p>4</p> <p>9.30 Catholic Church</p> <p>Days of our lives</p> <p>Bobs</p> <p>Painting - Queen</p>	<p>5</p> <p>Crossword</p> <p>Hairdresser</p> <p>10.30 Piano Lady</p> <p>Nifty Nails/Facials</p> <p>Massage</p> <p>3.00 Birthday </p>	<p>6</p> <p>Days of our lives</p> <p>10.30 Resident Meeting</p> <p>Reminiscence</p> <p>High Tea Bingo</p>	<p>7</p> <p>9.30 Men's Shed</p> <p>Crossword</p> <p>Foot Spa's / Walks</p> <p>1.30 Boronia Singers</p> <p>Ice Creams</p> <p>3.00 Happy Hour</p>	<p>8</p> <p>Memory Box</p> <p>Sing-a-long</p>	<p>9</p> <p>Jigsaw</p> <p>Reminiscence</p>
<p>10</p> <p>No Activities Staff </p> <p>9.30 Catholic Church</p> <p>Memory Box</p> <p>Craft—Egg Caron</p> <p>Flowers</p>	<p>11</p> <p>8.00 Special Breaky</p> <p>Crossword</p> <p>Hairdresser</p> <p>Facials/Nifty Nails</p> <p>Massage</p>	<p>12</p> <p>Days of our lives</p> <p>Table Ball</p> <p>1.30 Redshift</p>	<p>13</p> <p>Days of our lives</p> <p>Table Ball</p> <p>1.30 Redshift</p>	<p>14</p> <p>9.30 Men's Shed</p> <p>Crossword</p> <p>Foot Spa's</p> <p>Aboriginal Art</p> <p>Ice Creams</p> <p>3.00 Happy Hour</p>	<p>15</p> <p>Jigsaw</p> <p>Movie</p>	<p>16</p> <p>Bobs</p> <p>Reminiscence</p>
<p>17</p> <p>Crossword</p> <p>Floral Art</p> <p>Cooking - Smoothies</p> <p>Afternoon Tea</p> <p>Reminiscence</p>	<p>18</p> <p>9.30 Catholic Church</p> <p>Table Ball</p> <p>Craft - CD Coasters</p> <p>Movie</p>	<p>19</p> <p>Crossword</p> <p>Hairdresser</p> <p>10.30 Piano Lady</p> <p>Nifty Nails/Facials</p> <p>Massage</p>	<p>20</p> <p>Days of our lives</p> <p>Memory Box</p> <p>Abstract Art</p>	<p>21</p> <p>9.30 Men's Shed</p> <p>Crossword</p> <p>Foot Spa's</p> <p>Sing-a-long</p> <p>Ice Creams</p> <p>3.00 Happy Hour</p>	<p>22</p> <p>Sing-a-long</p> <p>Memory Box</p>	<p>23</p> <p>Craft - Paint</p> <p>Abstract Art</p> <p></p>
<p>24</p> <p>Crossword</p> <p>Balloon Tennis</p> <p>Cooking - Pikelets</p> <p>Afternoon tea</p> <p>Reminiscence</p>	<p>25</p> <p>9.30 Catholic Church</p> <p>Jigsaw</p> <p>Table Ball</p> <p>Craft - CD Coasters</p> <p>3.00 Birthday - Merle </p>	<p>26</p> <p>Crossword</p> <p>Hairdresser</p> <p>Facials/Nifty Nails</p> <p>Massage</p>	<p>27</p> <p>Days of our lives</p> <p>Uniting Church</p> <p>Picture That</p> <p>Jigsaw</p> <p>Movie</p>	<p>28</p> <p>9.30 Men's Shed</p> <p>Crossword</p> <p>Foot Spa's</p> <p>Women's Weekly</p> <p>Ice Creams</p> <p>3.00 Happy Hour</p>	<p>29</p> <p>Floral Art</p> <p>Bingo</p> <p></p>	<p>30</p> <p>Bingo</p> <p>Jigsaw</p>

