



What's The Point?

March 2013

Welcome to our Autumn season.

This month we are welcoming in the glorious season of Autumn. The Summer heat slowly fades away to much kinder weather for all to enjoy. With its beautiful colours adorning the trees all around us, a carpet of coloured leaves on the ground, it encourages us to remember the lazy days by the lake, or in the parks. The warm sunny days are perfect for all sorts of outings and activities to be enjoyed, or just to sit on a park bench and watch the world go by. Whatever you may decide to do to enjoy this lovely season ahead make sure it is outdoors. Our Autumn programs will have many outings for residents to enjoy, including picnics, lake walks, or just spending time at the lake with a bag of bread to feed the birds. Be sure to check the March program for outings of your choice then notify D.T. staff that you would like to attend.



HATS



Hats are items worn on the head for many good reasons to the person wearing them. Hats are timeless and ageless,. Whatever reason you have for wearing your hat, here are five good reasons to wear one:

Hats are great for hiding a bad hair day

It is a perfect solution to those days when your hair seems to have a mind of its own and won't stay where you want it to stay.

Hats are great for protecting us from different kinds of weather.

For instance, hats prevent hypothermia. One way to keep your head warm is to wear a hat. Hats are also great for preventing sun stroke and sun burn.

Hats are great for fashion style.

If you are attending a sports day, a hat can make you look sporty and chic. Attending a wedding, why not wear a stylish hat to complement your dress?

Hats are great for disguises

Wearing a hat can be one convincing way to disguise yourself, especially when you don' want to be recognized. If you are a celebrity or a star you can wear a hat to hide your face from public eyes, but if you are an everyday sort of person just not wanting attention you can wear a hat and venture out with ease and pride.

Hats are great for having fun

Just pick out a hat that suits your personality and style, and wear that hat with a sense of joy. Wear hats that fit the occasion, wear goofy hats when with friends or during family gatherings to show your witty side. Mavis has covered all bases with her recent choice of hat

HAPPY SNAPS AT THE YARRAWONGA MULWALA MEN'S SHED



Clockwise from top left:

Ian supervises the restoration of an ancient farm implement;

Stan, John, Don and Tony discuss the merits of an Indian Myna trap over a nice cup of tea, and

Bill passes on some timely advice about why the motor on this model boat won't start .

REDSHIFT RETURNS.

Residents were once again delighted to see our favorite band Redshift return. It has seemed like a long Summer break since they were last here to entertain us. The band has added new instruments to the music, trumpets and organ, this has provided a much more professional sound to the performance. Residents were delighted with the afternoon of entertainment, including old favorites that everyone could sing along to plus the odd corny joke that was so bad you just had to laugh. Welcome back Redshift.





ROCK & ROLL FRANK.

He is our resident "Tai Chi" guru, he is also qualified in performing "Racki" and "Remedial Massage". He is an accomplished artist of landscape paintings. He is Frank Elliott and he loves nothing better than to cut loose with a little bit of Rock & Roll swing. As you can see Frank has all the moves and is not too shy to show them off. Through the years Frank and his wife Mary have spent many a Saturday night at the dance hall, enjoying the beat of the local bands. Smoothing around the floor in a Foxtrot, or rattling up the floor boards in a Rock & roll number. It is great to see Frank enjoying the music as much as ever, keep up the good moves Frank.

Woods Point Philosophy:

- To provide the highest standard of care to our Residents with kindness, compassion, fairness, encouragement and flexibility.
- To ensure the respect, dignity, privacy and comfort of all residents.
- To remember that each resident is part of a family outside the facility and that this family must be informed and consulted at all times as agreed by the Resident.
- To treat all stakeholders – residents, families, staff, visitors and contractors as one would like to be treated themselves.

Each resident of a residential care service has the responsibility:

- To respect the rights of staff and the proprietor to work in an environment which is free from harassment;
- To respect the rights and needs of other people within the residential care service, and to respect the needs of the residential care service community as a whole;
- To care for his or her own health and well-being, as far as he or she is capable;
- To inform his or her medical practitioner, as far as he or she is able, about his or her relevant medical history and his or her current state of health.

Whilst at all times the staff aim to achieve the charter of rights for residents there are responsibilities of residents and their representatives to provide the staff the same courtesy.



***We will not tolerate any verbal or physical abuse towards our staff.
Derogatory comments towards staff will not be tolerated.
Do not gossip about staff in a public area.***

Respect starts with the simplest of things, treat every individual with politeness and how you would like to be treated.

If you have a concern about a staff members performance please speak to Marita confidentially and be assured this will be actioned.

Lets work together in ensuring Woods Point continues to be a happy place that treats everyone with dignity and respect.

Marita Seamer
Director of Nursing

RIORDAN LEGAL SERVICES.

Just a reminder that the Riordan legal services will be here at Woods Point on Monday the 8th April at 11.00am.

The topic for discussion will be Power 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/representatives to attend.



RAFFLE WINNERS

Our volunteer ladies raffle has been drawn on the 15/02/13.

Winners are as follows -

1st PRIZE — Ann McPherson.

Anne is the lucky winner of the beautiful Apple Tree Farm print.

2nd PRIZE — Margaret Butler.

Margaret won the hand knitted baby jacket and hat, which was kindly knitted and donated by one of our woods point residents.

3rd PRIZE — Ida Day.

Ida won the cute and cuddly teddy bear.

Congratulations to all our winners and thank you to all who purchased tickets' in the raffle.

BBQ LUNCH IN THE COURTYARD

Its Autumn again, and anticipating some cooler weather it has been decided to have a Barbeque Lunch in the Courtyard on Wednesday March 6th at 11:30 AM—after Barbara the Piano Lady.

“Chef’s extraordinaire” on the day will be:



Byron

and



Terry

A STUNNING SENIOR MOMENT

A self-important university student walking on the beach took it upon himself to explain to a senior citizen resting on a bench why it was impossible for the older generation to understand his generation. “You grew up in a different world, actually an almost primitive one” the student said, loud enough for others to hear. “The young people of today grew up with television, jet planes, space travel, man walking on the moon. We have nuclear energy, ships, mobile phones, computers with light speed ... and much more.”

After a brief silence, the senior citizen responded as follows:

“You’re right son. We didn’t have those things when we were young ... so we invented them. Now, you arrogant little upstart what are you doing for the next generation?”

The applause was amazing.



MYRT'S 101st BIRTHDAY

On the 14th February we celebrated Myrt's 101st birthday. Myrt had 8 family members and a huge turnout from the residents attend the cutting of the cake. This would have had to be our largest birthday celebration ever. Myrt celebrated with the traditional strawberry and cream sponge cake as well as a caramel and a chocolate mud cake. All in attendance sang "happy birthday" then enjoyed the challenge of which cake to



BLOKE'S DAY OUT

Late last month some of our male residents decided to go on a “blokes day out” to visit Chrysties Classics & Collectables Museum in Tocumwal and to follow that up with a Seniors' Lunch at the Tocumwal Hotel before returning to Woods Point.

By all accounts they were delighted with the vast array of artifacts and the numerous old cars, trucks, farming implements and household items from days gone by that they found on display at Christies. Many of these interesting old curios brought back fond and pleasant memories of their youth.

Lunch at the Tocumwal Hotel was also voted a resounding success.

Further trips are now being planned for other residents, both male and female.



Tony nostalgically admires some golf clubs just like a set he had as a youth ...

... while Ivan and Stan inspect a glass cabinet of items from the past





2013 RESIDENTS FOOTBALL TIPPING COMPETITION



The 2013 AFL Football Season starts on FRIDAY 22ND MARCH 2013

There are 9 Games each week and there are 23 Rounds in the Season

Entry Fee is \$20-00 per resident (that's LESS THAN \$1 per Round, and \$3-00 cheaper than last year). The Entry Fee is to be paid to Activities Staff (Heather, Pam, Lili or Gavin) on or before MONDAY 18TH MARCH 2013).

Each Tipster will be given a Fixture showing all games for the 2013 season.

Each week's Tips or Selections are to be marked on your Fixture by crossing out the names of the teams you think will LOSE for that Round. Tips for each Round are to be given to Activities Staff or put in the Footy Tipping Box on top of the piano BY 3:00PM ON THE DAY BEFORE THE 1ST GAME OF EACH ROUND.

This means, Tips for Round 1 are to be "in" by 3:00PM on THURSDAY 21/03/2013

If your Tips are not in by the 3:00PM deadline, you will be given the AWAY teams for that Round.

Weekly Prize

There will be a Weekly Prize of \$4.00

The Weekly Prize will be paid to anyone who picks 9 winners for the round, or it will be split if 2 tipsters pick 9 winners.

If more than 2 tipsters pick 9 winners in a Round the Weekly Prize will Jackpot to the next Round.

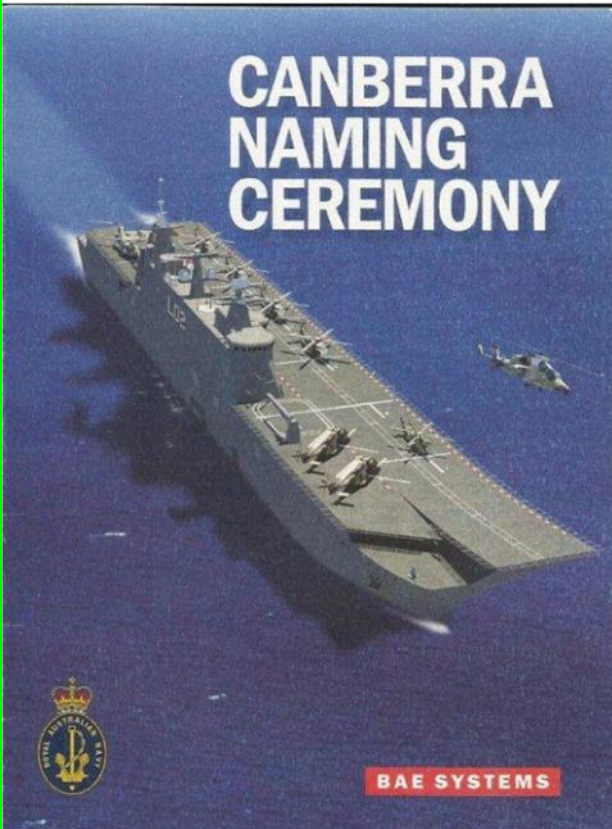
If nobody picks 9 winners, the Weekly Prize will Jackpot.

End of Season Prizes:

- First Prize: 50% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) will be paid to the Tipster (or equally split between all Tipsters) with the MOST number of Correct Tips for the Season.
- Second Prize: 30% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) will be paid to the Tipster (or equally split between all Tipsters) with the 2nd Highest number of Correct Tips for the Season.
- Third Prize: 20% of the Net Prize Pool (after deducting any Weekly Jackpot payouts)

WAR VETERAN'S DAY OUT

The largest ship ever built for the Australian navy has been officially named. And Woods Point resident Des Jones joined hundreds of sailors and navy veterans gathered in the main dock of the vessel at Williamstown, in Melbourne, as it was officially named HMAS Canberra.



Des served on the original Canberra in World War II and he says he is impressed by the size of the new vessel.

When it is fully built, the ship will hold up to 1,400 personnel as well as numerous helicopters and military vehicles.

The ship's hull was built in Spain and the combat and communications systems are being developed at Williamstown.

The ship is expected to be completed in February next year.



An elderly man was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife."

REMINDER FOR RESIDENTS AND RESIDENT REPRESENTATIVES

The following information is taken from Resident Information Booklet provided on admission, and available to view on Woods Point website:

Opportunity to Improve and Complaints

Management and staff are committed to providing the best care 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. Improvement Forms are available from reception and care stations. Improvement Forms can be used for suggestions, compliments or complaints.

Completed Improvement Forms can be posted to the manager or placed in the suggestion box located in lounge room and Care Station 3

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

If residents/representatives would prefer to speak to someone independent of the facility the following services are available. Brochures about these services are available at front reception.

The Aged Care Complaints Scheme

Department of Health and Ageing

Toll free: 1800 550 552

Website online complaints form:

www.health.gov.au/internet/main/publishing.nsf/content/ageing-complaints-form.htm

The Office of the Aged Care Commissioner

Tollfree: 1800 500 294

Email: info@agedcarecommissioner.net.au

Aged Care Assessment Team (ACAT)

Telephone: (03) 58236 000

Resident / Family Meetings

Resident / family meetings are conducted monthly. All residents and their family members and representatives are welcome to attend this meeting. The date of the next meeting is located on the main notice board in the foyer.



Happy Birthday

MARCH

Denise Ryan	7th
Lois Wilson	10th
Nancy Wheeler	11th
Anne Forrester	16th
Kevin Old	16th
Margaret Jones	17th
Grahame Luke	17th
Ivan Boldt	26th
Jessie Jolley	29th
Doris Ridley	29th
Phyllis Rodwell	30th

PARADISE QUEEN OUTING.

This month we had an afternoon on the Paradise Queen. A lovely cruise around the lake and afternoon tea was exactly what was needed after our hot hot January. With the weather being so hot it has been hard to go out anywhere, so a warm afternoon with the beautiful breeze coming off the water was so relaxing. There were lots of laughs and good conversation had by all who participated.



