

# What's The Point?

November  
2013

## ***Oh!! What a night!!***

Woods Point Annual Spring Dance was a successful, entertaining night where the residents and staff danced the night away. Waltzes, foxtrots and other old time dance steps together with great music by RedShift made for an outstanding night.

The hit of the night was 'the wheelchair waltz'. Staff and family members were called upon to grab a resident in their wheelchair they danced their wheels/feet off around the dance floor. Residents were tired by the end of the night but full of praise for another enjoyable Spring Dance.

*.....more pictures inside*

The Activity team organized the dance with a colour theme of pink and white like blossoms of spring. Care staff were hands on and kitchen staff provided a great supper and gave their support also. Family members who came along thoroughly enjoyed the program too. The most popular response from residents the next day when asked about the spring dance was "oh, what a night!!"



## Volunteers

Do you know someone with some spare time.

Maybe they would like to join our volunteers?

There are many different ways to help and Volunteering is very rewarding.

It doesn't need to take a lot of time...Just one hour a week would be great!

Please see our Activities staff for more information.



## Exercises

Residents of Woods Point gather in the main lounge at each morning to participate in some gentle exercise activities.

Some residents wish to stand for a harder work out or just sitting for a more relaxed feeling.

Residents are always able to go at their own pace.

Morning tea is served after exercise where a well earned cuppa and a biscuit or two is enjoyed by the residents.

If you feel that you would like to join in with the exercise group please be in the main lounge at 10.00am each morning or speak to our activity staff.







## November Birthdays

Iris McFadden 2nd  
Alice Lindhe 6th  
John Mangan 9th  
Des Cox 10th  
Tony Day 12th  
Eve McPherson 12th  
Carmen Lyons 13th  
Edna Gemmill 17th  
Pat Sullivan 19th  
Mary Ivers 20th  
Hella Mrozik 22nd

## Podiatrist Visit



November  
11th, 12th  
and 13th

November  
14th

world diabetes day

## HAPPY HOUR REMINDER

We hold 'Happy Hour' in the Main Lounge every Friday at 3pm.

Come along and listen to some music, enjoy a sherry, beer, wine, shandy or a soft drink & have a chat with the other residents!

**All Welcome**

*Tegan's  
Enchanted Beauty*

*Please speak to reception about  
your waxing needs.*

*We will arrange for Tegan to  
visit on a regular basis*

*Waxing*

## Friendlies

The always popular Friendlies Group was again well attended during the October meeting.



Woods Point took a bus full of residents all keen to enjoy the afternoon of enter-

tainment.

Of course the residents also get to feast on the home-made sandwiches, scones and cakes which are served for afternoon tea.



## Warmer Weather

The warmer weather is upon us and it's time to remind residents that when taking a stroll in our gardens please walk in the morning so that you can avoid the heat of day.

Ensure that you wear a hat when outside and not stay out too long on the very warmest of days.

Drink plenty of fluids and let staff know if you are feeling heat affected.





## The Joyce Gang

Woods Point were entertained by the Joyce Gang who are a husband and wife team from Warragul.

The two piece band travel around the country side and wherever they stop the offer to perform for the aged care facilities.

Residents were delighted with the afternoon entertainment, including old time favourites that everyone could sing along with.

The main lounge was filled with great music and lots of singing.

The popular Hokey Pokey was attempted by many but most found that it's a bit hard to 'turn around' whilst seated in your chair.



Those who didn't sing could be seen clapping their hands and tapping their feet to the tunes such as Bye Bye Black Bird, That's My Baby and China Doll.

The Joyce Gang, have continued on their travels but have promised to call again when next in Yarra-wonga

## Doll Collection

Residents and visitors to Woods Point were recently treated to a wonderful display of dolls.

Resident Loris Fixter allowed her private collection of dolls to be placed on display in our foyer.

Loris has collected dolls for most of her life and is so proud to share her collection with you





## The Big Strawberry

The Big Strawberry at Koonoomoo (near Cobram) is always a popular outing for residents.

On arrival the residents of Woods Point enjoyed browsing in the shop and purchasing some goods to take home before sitting down to some strawberry pancakes with ice cream, cream and of course the incredibly tasty fresh strawberries.

Respite resident Mary is pictured here about to tuck into her pancake whilst resident Ian decided upon some strawberry ice-cream in a cone and made very short work of the delicious treat.



Residents are reminded to advise activities staff early if they wish to take part in any outings.



## Diabetes Health Tips

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.

In type 2 diabetes, the body makes insulin, but doesn't use it the right way. It is the most common kind of 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.

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. Talk to care staff about how to check your glucose levels.





## Diabetes Health Tips

- **Making healthy food choices.** Learn how different foods affect glucose levels. For weight loss, eat foods that are low in fat and sugar.

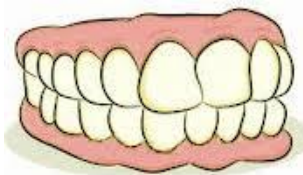


- **Getting exercise.** Daily exercise can help improve glucose levels in older people with diabetes. Join the morning exercise group at Woods Point and go for a daily walk outside of the facility.

Here are some things to keep in mind:



- **Have yearly eye exams.**
- **Check your kidneys yearly.**
- **Get flu shots every year and the pneumonia vaccine.**
- **Check your cholesterol.**
- **Care for your teeth and gums.**



- **Find out your average blood glucose level.**
- **Protect your skin.**
- **Look at your feet.**
- **Watch your blood pressure.**



Remember, the care and nursing staff are here to help you. Speak to them if you have any concerns in regards to your diabetes management.

Woods Point can also arrange for you to meet with the Jan the diabetic educator.

## Spring Dance Photo's





## Spring Dance Photo's







# *Woods Point Resident Christmas Party*

*Thursday December 12th  
Starting at 6pm in the Dining Room*

*An evening of Entertainment, Christmas Carols  
and a visit from Santa.*

*Finger Food and refreshments will be available*

*Cost to Non Residents will be \$15.00 (adults) \$5.00 (children under 12)*

*We expect a large number of guests and for catering purposes require your  
R.S.V.P. in writing no later than 5pm on 6th December*

*Invitations available at Reception!*



## Melbourne Cup Quiz

**"The race that stops a nation" is about to be run again so let's see what you know about the world famous Melbourne Cup.**



- A. In what year was the first ever Melbourne Cup run?
- B. And which horse was the inaugural winner?
- C. In 1972 the distance of the race was shortened from 3,218 metres to how long?
- D. Which horse has won the most Melbourne Cups?

- E. First female jockey to ride in the cup was Maree Lyndon on Argonaut Style in which year?



- F. Who is this record winning trainer and how many Melbourne cups has he won?
- G. The 2013 Melbourne cup will be run on what date?
- H. Which horse won the 2012 cup?

- I. Which one of these jockeys has never won a Melbourne cup?

- Damian Oliver
- Darren Gauci
- Jim Cassidy

- J. In what year did the famous Phar Lap win the race?



- K. What was different about the Melbourne Cup during the years 1942 to 1944?

Answers to the quiz can be found over page.

## Quiz Answers

- A - 1861
- B - Archer
- C - 3,200
- D - Makybe Diva (3 wins)
- E - 1987
- F - Bart Cummings 12 wins
- G - Tuesday November 5th
- H - Green Moon
- I - Darren Gauci
- J - 1930
- K - The race was run on Saturdays during the war years.

1st place horse in the Melbourne Cup earns prize money of \$3,600,000

A tenth place horse earns prize money of \$125,000



A number of staff at Woods Point Aged Care have formed a team for the Yarrawonga Relay for Life Event. Relay For Life is an overnight, community event where teams of 10-15 participate in a relay-style walk or run to raise funds for Cancer Council.

The event brings the whole community together for a night of fun, entertainment, celebration and remembrance. This year's event is being held on November 16th and 17th.

Our team "Woodzy Walkers" are currently raising funds for this event. We would be pleased if you could make a small donation in the collection box which is located at reception. For security purposes the box is only accessible during office hours.

For donations larger than \$2 you may ask for a tax deductible receipt so please speak directly with administration staff in regards to this.



## Child Sponsorship

### **A brief letter from one of our sponsor children.**

Hello, my name is Keidy Morales Garcia. I would like to tell you how my life has been improved thanks to you for the past year!

I am 8 years old and live in the northwest region of Guatemala.

I live with my mother only. This year I am attending 1st grade of primary school. My teacher's name is Antonio and my favorite subject is painting. Now, I think I would like to be a teacher when I grow up.

My favorite game is dolls and I help at home. My family's main productive activity is agriculture.

Thanks to our sponsorship children in Keidy's community are able to participate in such activities as Education Awareness Workshops, Nutrition, Hygiene Training Workshops, Vacation School and Sports activities.

The community as a whole is benefiting from Teacher Training, Children Integral Development Centre's, Food Security Projects, Local Disaster Reduction Committee and Volunteers Training.

If you wish to participate in sponsorship please speak with administration staff.

### What do you want to see in the newsletter?

Please provide feedback to administration or activities staff about what you might like to see in your newsletter.

More jokes?

More pictures?

More stories about outings?

More general knowledge info?

More health tips?

Please let us know, because we want to make your newsletter meaningful for you!



## Melbourne Cup Sweep

Entries are \$2 each

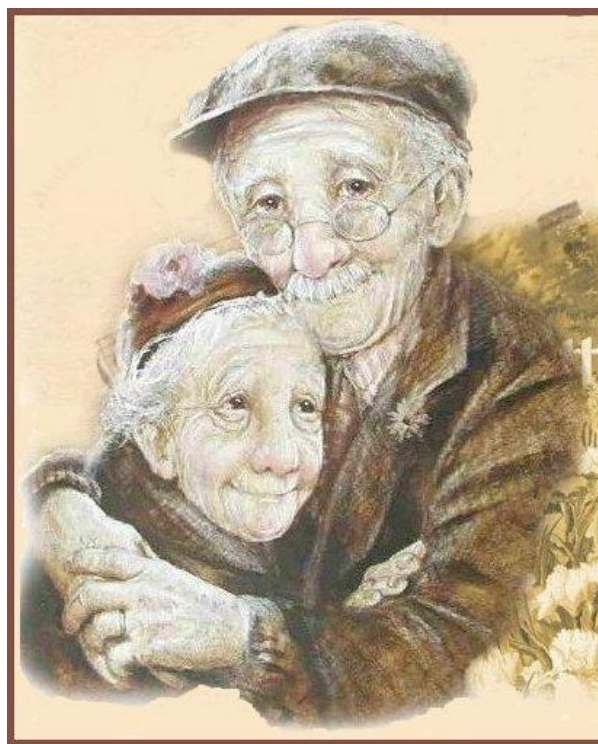
Limit of 2 entries  
per Resident

Please see any of the activity staff if you have not already put your entry in for a horse in the sweep.

First Place - \$24

Second Place - \$16

Third Place - \$8



**Old folks are worth a fortune**, with silver in our hair, gold in our teeth, stones in our kidneys, lead in our feet and gas in our stomachs.

I have become a lot more social with the passing of the years, some might even call me a frivolous old gal. I'm seeing three gentlemen every day!

As soon as I wake, Will Power helps me get out of bed. Then I go see John. Soon Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint!

P.S. The preacher came to call the other day. He said that at my age I should be thinking about the hear-after. I told him I do, all the time. No matter where I am, in the kitchen or down in the basement, I ask myself, "Now what am I here after?"



## What is dementia?

Given the recent media coverage on dementia and the increased focus on understanding dementia, further research and improved management of residents with dementia I thought it appropriate to write an article this month on Dementia.

On 10 August 2012, the Australian Health Ministers recognised dementia as the ninth National Health Priority Area.

**Dementia is a term used to describe various symptoms of cognitive decline such as forgetfulness, but is not a clinical diagnosis itself**

**until an underlying disease or disorder has been identified.**

Dementia is a collective term used to describe the problems that people with various underlying brain disorders or damage can have with their memory, language and thinking. Alzheimer's disease is the best known and most common disorder under the umbrella of dementia.



Dementia is not a single specific disease. It is an umbrella term describing a syndrome associated with more than 100 different diseases that are characterised by the impairment of brain functions, including language, memory, perception, personality and cognitive skills.

Although the type and severity of symptoms and their pattern of development varies with the type of dementia, it is usually of gradual onset, progressive in nature and irreversible. In 2011, there was an estimated 298,000 people living with dementia in Australia.

## What is dementia?

Among Australians aged 65 and over, almost 1 in 10 (9%) had dementia. And among those aged 85 and over, 3 in 10 (30%) had dementia. As Australia's population ages, more people will be affected by dementia.

With the projected rise of Australia's aged population, it is estimated the number of people living with dementia is projected to triple to around 900,000 by 2050.

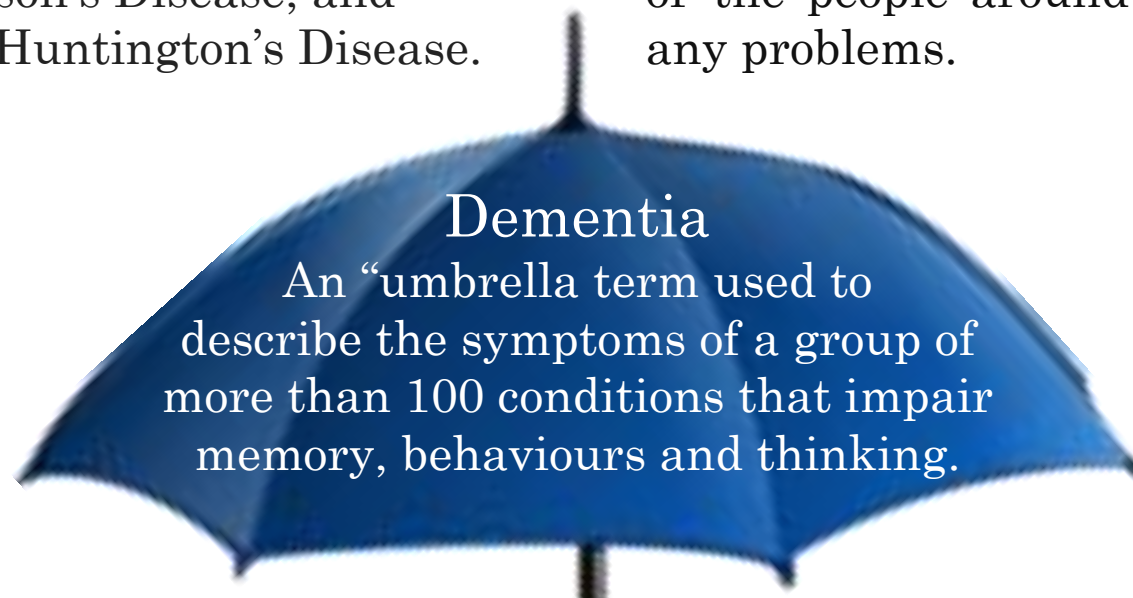
### Types of Dementia

- Alzheimers: between 60% and 80% of all cases of dementia
- Vascular Dementia - the

second most common type of dementia. It is associated with problems in the flow of blood to the brain such as stroke

- Dementia with Lewy Bodies;
- Korsakoff's Syndrome (Alcohol related dementia);
- Dementia with Parkinson's Disease; and
- Huntington's Disease.

Light cognitive impairments, by contrast, such as poorer short-term memory, can happen as a normal part of aging (we slowly start to lose brain cells as we age beyond our 20s !!!). This is known as age-related cognitive decline, not dementia, because it does not cause the person or the people around them any problems.





## What is dementia?

**Dementia describes two or more types of symptom that are severe enough to affect daily activities.**

**All dementias are caused by brain cell death, and neurodegenerative disease, progressive brain cell death that happens over a course of time - is behind most dementias.**

A person with dementia may show any of the following symptoms:

- Recent memory loss - a sign of this might be asking the same question
- Difficulty completing familiar tasks
- Problems communicating - difficulty with language by forgetting simple words
- Disorientation - with time and place, getting lost on a previously familiar street
- Poor judgment
- Problems with abstract thinking – e.g.: dealing with money.
- Misplacing things - including putting them in the wrong places and forgetting
- Mood changes - unlike those we all have, swinging quickly through a set of moods.
- Personality changes - becoming irritable, suspicious or fearful

- Loss of initiative - showing less interest in starting something or going somewhere

Brain cell death cannot be reversed so there is no known treatment to cure a degenerative cause of dementia symptoms or fully halt its progress. Management of disorders such as Alzheimer's disease is instead focused on providing care and treating symptoms rather than their underlying cause.<sup>1</sup>

Symptoms of Alzheimer's disease can be reduced by drugs to help improve an individual's quality of life. These are prescribed once a diagnosis is confirmed.

# What is dementia?

Care for the resident with dementia is based on having a good knowledge of the resident's lifestyle, preferences and typical behaviors and why the lifestyle booklet is so vital.

I encourage all relatives and representatives to communicate with the staff on any facet of the resident's lifestyle to assist with ensuring care and activities can be provided according to the residents needs.

Staff are provided with training and skills to manage residents with dementia care and use a multidisciplinary approach to managing the resident.

This knowledge provides the resident with support

at a level required to maintain their well being. In providing the necessary support for an individual, the facility encourages the resident to maintain their independence, preferences and chosen lifestyle as much as possible.

If you would like further information about dementia: National dementia helpline: 1800 100 500

**Marita Seamer**

**Director of Nursing**

References: Alzheimer's Association.

*Bentley Wood Aged Care*

*Health and Lifestyle*

*Lifestyle & Social History*

*Procedure No: 42.3.4*

## *Brief Life History*

of\_\_\_\_\_





# Goulburn & Ovens

# November 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>November Birthdays</p> <p>Iris McFadden 2nd</p> <p>Alice Lindhe 6th</p> <p>John Mangan 9th</p> <p>Des Cox 10th</p> <p>Tony Day 12th</p> 	<p>Eve McPherson 12th</p> <p>Carmen Lyons 13th</p> <p>Edna Gemmill 17th</p> <p>Pat Sullivan 19th</p> <p>Mary Ivers 20th</p> <p>Hella Mrozik 22nd</p>	<p>Join us for afternoon tea on each of these days to help celebrate the birthday of a fellow resident.</p>		<p>9.30 Mens Shed 1</p> <p>9.45 Tai Chi</p> <p>10.00 Exercises</p> <p>11.00 Word Challenge</p> <p>1.30 School Visit</p> <p>3.00 Happy Hour</p>	<p>Market Day 2</p> <p>9am to 2pm</p> <p>3.00 Birthday</p>	<p>9.45 Tai Chi 3</p> <p>10.00 Exercise</p> <p>11.00 Scrabble Game</p> <p>1.30 Movie</p>
<p>9.45 Tai Chi 4</p> <p>10.00 Exercise</p> <p>10.45 Cup Eve Races And Sweep Draw</p> <p>1.45 Anglican Church</p> <p>3.00 Afternoon Tea</p>	<p>Melbourne Cup</p> <p>Watch the "Race" on TV in main lounge</p> <p>No Activities Staff</p>	<p>9.45 Tai Chi 6</p> <p>10.00 Exercise</p> <p>11.00 Scenic Drive</p> <p>1.30 Movie/Bingo</p> <p>3.00 Birthday</p>	<p>Oaks Day 7</p> <p>Making Hats</p> <p>Hat Parade</p> <p>Hat Quiz</p> <p>Ladies Day</p> <p>Fashion Parade</p>	<p>9.30 Mens Shed 8</p> <p>9.45 Tai Chi</p> <p>10.00 Exercises</p> <p>11.00 Word Challenge</p> <p>1.30 School Visit</p> <p>3.00 Happy Hour</p>	<p>9.45 Tai Chi 9</p> <p>10.00 Exercise</p> <p>11.00 Bobs</p> <p>1.30 Movie</p>	<p>9.45 Tai Chi 10</p> <p>10.00 Exercise</p> <p>11.00 Scrabble Game</p> <p>1.30 Movie</p> <p>3.00 Birthday</p>
<p>9.45 Tai Chi 11</p> <p>10.00 Exercise</p> <p>11.00 Outdoor Bobs</p> <p>1.30 Cooking/Movie</p> <p>3.00 Birthday</p>	<p>9.30 Catholic Church 12</p> <p>9.45 Tai Chi</p> <p>10.00 Exercises</p> <p>10.30 Carpet Bowls</p> <p>1.30 Market/Movie</p> <p>3.00 Birthday</p>	<p>8.00 Special Breaky 13</p> <p>9.45 Tai Chi</p> <p>10.00 Exercise</p> <p>10.30 Piano Lady</p> <p>1.30 Movie/Bingo</p> <p>3.00 Afternoon Tea</p>	<p>9.45 Tai Chi 14</p> <p>10.00 Exercises</p> <p>11.30 McDonalds</p> <p>1.30 Movie</p> <p>1.30 Lake Walks</p> <p>3.00 Afternoon Tea</p>	<p>9.30 Mens Shed 15</p> <p>9.45 Tai Chi</p> <p>10.00 Exercises</p> <p>11.00 Word Challenge</p> <p>1.30 School Visit</p> <p>3.00 Happy Hour</p>	<p>9.45 Tai Chi 16</p> <p>10.00 Exercise</p> <p>11.00 Golf Putting</p> <p>1.30 Movie</p>	<p>9.45 Tai Chi 17</p> <p>10.00 Exercise</p> <p>11.00 Outdoor Quiz</p> <p>1.30 Movie</p> <p>3.00 Birthday</p>
<p>9.45 Tai Chi 18</p> <p>10.00 Exercise</p> <p>11.00 Golf Putting</p> <p>1.30 Cooking/Movie</p> <p>1.45 Anglican Church</p> <p>3.00 Afternoon Tea</p>	<p>9.30 Catholic Church 19</p> <p>9.45 Tai Chi</p> <p>10.00 Exercises</p> <p>10.30 Blumes Fashions</p> <p>12.00 Pub Lunch</p> <p>3.00 Birthday</p> <p>3.30 Memory Cards</p>	<p>9.45 Tai Chi 20</p> <p>10.00 Exercise</p> <p>11.00 Lake Walks</p> <p>1.30 Movie/Bingo</p> <p>3.00 Birthday</p>	<p>9.45 Tai Chi 21</p> <p>10.00 Exercises</p> <p>11.30 Photography</p> <p>1.30 Museum</p> <p>3.00 Birthday</p>	<p>9.30 Mens Shed 22</p> <p>9.45 Tai Chi</p> <p>10.00 Exercises</p> <p>11.00 Word Challenge</p> <p>1.30 School Visit</p> <p>3.00 Happy Hr/Birthday</p>	<p>9.45 Tai Chi 23</p> <p>10.00 Exercise</p> <p>11.00 Photography</p> <p>1.30 Movie</p>	<p>9.45 Tai Chi 24</p> <p>10.00 Exercise</p> <p>11.00 Outside Hockey</p> <p>1.30 Movie</p>
<p>9.45 Tai Chi 25</p> <p>10.00 Exercise</p> <p>11.00 Noodle Hockey</p> <p>1.30 Cooking/Movie</p> <p>1.45 Anglican Church</p> <p>2.00 Scenic Drive</p>	<p>9.30 Catholic Church 26</p> <p>9.45 Tai Chi</p> <p>10.00 Exercises</p> <p>10.30 Carpet Bowls</p> <p>1.30 Market/Movie</p> <p>3.00 Quiz</p>	<p>9.45 Tai Chi 27</p> <p>10.00 Exercise</p> <p>10.30 Piano Lady</p> <p>12.00 Chinese Lunch</p> <p>1.30 Movie/Bingo</p> <p>3.00 Afternoon Tea</p>	<p>9.45 Tai Chi 28</p> <p>9.45 Uniting Church</p> <p>10.00 Exercises</p> <p>11.00 Golf Putting</p> <p>1.30 Op Shopping</p> <p>3.00 Afternoon Tea</p>	<p>9.30 Mens Shed 29</p> <p>9.45 Tai Chi</p> <p>10.00 Exercises</p> <p>11.00 Word Challenge</p> <p>1.30 School Visit</p> <p>3.00 Happy Hour</p>	<p>9.45 Tai Chi 30</p> <p>10.00 Exercise</p> <p>11.00 Bobs</p> <p>1.30 Movie</p>	