

What's The Point?

October
2013

Residents were very happy with a recent visit to explore the relocated Yarrawonga Community Opportunity Shop at its new address.

The shop is wonderfully big and everything is set out in order, making it so much easier to find what you might be looking for.



Our residents had a lovely afternoon searching for bargains, in fact we had to be very methodical as to how we packed our bus to enable us to bring everything back home, we even had a piece of furniture in the back.

If you would like to go out to the Op Shop on our next visit please let Activity staff know.

Welcome to the our new look . We hope you will find the newsletter just as enjoyable as you have in the past!

Revamped Courtyard!

Apology to the hardworking Fundraising Committee who we did not recognize in last months newsletter in regards to their contribution towards the Revamped Courtyard. The artificial grass could not have been purchased without their generous donation. Thank you again and keep up the great work which is appreciated by all.



October
1st is:

International Day
of Older Persons

Elections

The recent Federal Election flagged a couple of issues with regards to our residents.

A number of residents were still on the electoral roll at their previous address. We believe that we have completed change of address forms for all of these residents but encourage family members to log on to the Australian Electoral Commission website and check the enrolment details.

Please change them if they need to be changed.

The residential address for Woods Point residents is:
75-85 Orr Street
Yarrawonga Vic 3730

There are also a number of residents who have not yet been removed from the electoral roll despite being incapable of voting.

We would request any family member who believes that their loved one is in this situation to complete a "Removal of Elector's Name from Roll" form. These forms can then be left at reception for the residents doctor to sign and we will lodge on your family member's behalf.

Your assistance with this matter would be greatly appreciated and a reminder that we have a Victorian State Election due in 2014.



Harry Bayliff - 4th
Alma Jeffrey - 7th
Ken Stevens - 9th
Doris Carter - 10th
Bessie Stevens - 12th
Don Bowen - 17th

Podiatrist Visit

October 1st
& October 2nd



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

Daylight Saving Starts

Sunday, 6 October 2013

*Move your clock forward
one hour at 2am*



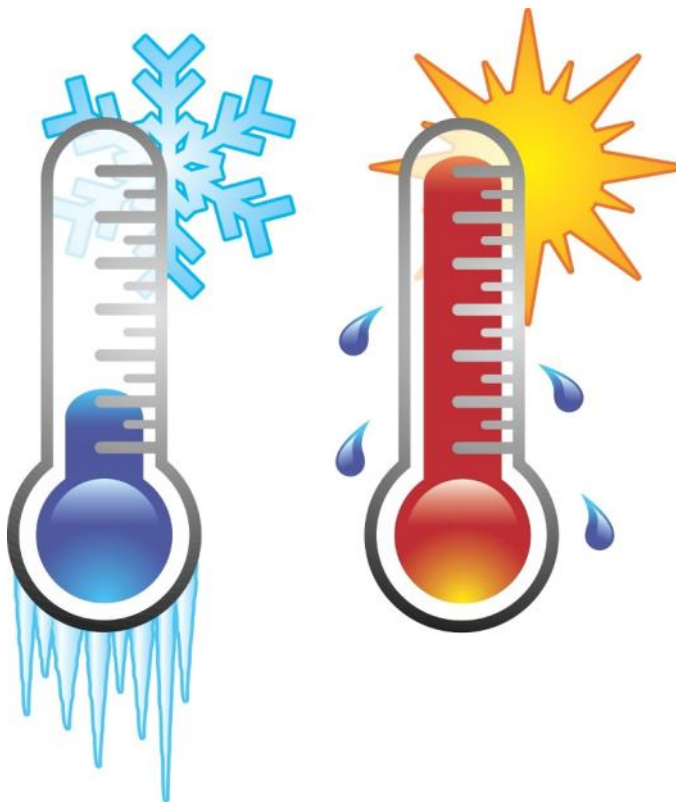
Spring Cleaning Time

This month we are asking families to please assist our Residents with eliminating clutter from their rooms.

Whilst we encourage residents to make their rooms as homely as possible with cherished items from home, (photos etc) rooms also need to be accessible by staff for a number of purposes.

Staff in the event of an emergency situation need to have unrestricted access to rooms.

Environmental staff need to be able to vacuum and clean all areas of the room, including under beds and bedside tables etc.



Air Conditioners & Heaters

Mid-spring is always a terrible time for comfort control. We have some really warm days and there is no need to have the heating on. But then the odd cool day arrives and some of us want to crank up the heat.

With this in mind we advise that the air conditioners/heaters will only work on the one setting. All of the units need to be set on either heat or cool.

Please, if you are having problems with your air conditioner/heater, speak to the staff so that they can resolve the issue.

Guest Books

Each resident has a guest book in their room. These books are designed so that family members and friends can write a brief message to their loved one each time they visit.

We find these books incredibly valuable for residents and most valuable for those who are suffering from dementia. Staff are able to read back through the messages and remind the residents of visits that they have recently had.

Do you use your guest book?

Some great examples of how to use the guest book can be seen on the right:

“Tuesday 10th September, Hi Gran - we enjoyed visiting with you today. Great chatting with you about the footy. Go Swannies! Love (anonymous for privacy reasons).

Sat 17th Aug, Anon visited. We talked about how great it is that you now live at Woods Point. We know you miss your own home but we think you are being very well looked after here. We love you and will be back on Tuesday after tea xo.

Please speak to administration staff if you are unable to locate your loved one's book in their room.

Tappers!

Residents were pleased when a small group of the regular “tappers” put on an impromptu performance for us recently.

The three members who performed made up for the lack of numbers with some fantastic dances.

These ladies are always a joy to watch and we look forward to their next visit.



More visits from Sacred Heart Students



Birthdays

Some of the residents who have recently celebrated birthdays include Jean Stewart, Margaret Butler and Reg Crook.

These residents were all fortunate enough to have lovely cakes made and decorated by the kitchen staff.

And the best part is that they share the cakes with the rest of the residents as part of afternoon tea!



Yarrawonga Men's Shed

The wonderful fellows at Yarrawonga Men's Shed have made us a "Table Skittles" game. This game originated in England Pubs and is apparently very popular over there.

The rules vary depending on which area of England you are playing in. And since our residents are playing here in Australia we will make the rules up as we go!

The main aim of the game is to knock as many of pins over as you can in the least amount of 'turns'.

Molly recently showed the others how easily it was done, knocking over 2 skittles with her first go.

Many thanks to the Men's Shed for another great project by them.



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!

Child Sponsorship

It's been twelve months since we began our child sponsorship and in that time we have sponsored 4 children. Joseph from Tanzania, Samnang from Cambodia, Keidy from Guatemala and Hawa from Malawi.

Thank you to all of the residents, family members and staff who have been part of the child sponsorship for the past twelve months and thank you in anticipation of your continued support.

We have recently received a letter from World Vision stating that the cost of basics is increasing;

for example in Uganda a 100kg bag of corn cost \$17 in 2007 and by 2011 this was \$43.

Tanzania, which is the home of one of our sponsor children has recently benefited from World Vision building wells to provide fresh, clean drinking water. Currently in Cambodia there are 56 World Vision projects on the go.

To those who are not currently involved it is never too late to join in. All we ask for is a small amount each month (which can be added to your monthly bill). For more information please speak with Vicki in administration.

Letter from Joseph:

In the academic year 2013 (Jan-Nov) I am in Primary Grade 4. My Health this year has been good, thanks to God. World Vision has been helping us to improve our health with health education. My family and community benefitted from your support with educational material and health facilities. My favourite food is porridge with beans/meat. For dinner we usually eat cooked bananas. My house is near the market. Many farmers in my community grow maize. My favorite celebration is Christmas because I celebrate with my parents.

STANDARD 3.7 LEISURE INTERESTS AND ACTIVITIES: Marita Seamer - DON

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

This expected outcome requires that:

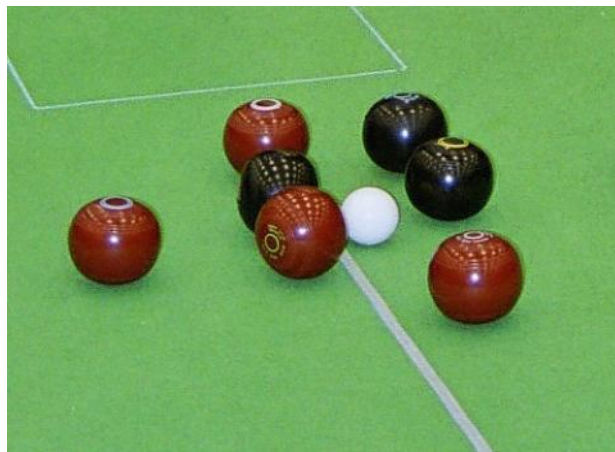
Residents are encouraged and supported to participate in a wide range of interests and activities of interest to them

This is some of the ways we actively seek to comply with this standard:

The home is committed to enhancing residents' lifestyle through the implementation of an interesting and varied

activities program. Residents are encouraged to identify personal interests and activities on entry to the home and to provide ongoing feedback through care plan review, improvement forms, the residents meeting, surveys and discussions.

Lifestyle care plans are personalized according to individual goals, preferences and challenges.



The program includes large group, small group and one-on-one activities as well as community visitors and community outings. Days of personal, cultural and spiritual significance are acknowledged and celebrated. There is an active volunteer program coordinated by lifestyle staff that includes, one-on-one support, therapy support, walking programs, outing supervision and communication networks.

Lifestyle staff focus on the integration of residents with dementia into mainstream activities whenever possible.

STANDARD 3.7 LEISURE INTERESTS AND ACTIVITIES: Marita Seamer - DON

This is achieved by modifying activities to suit individual needs, redirecting attention, positioning residents with friends to facilitate participation, providing verbal encouragement and physically assisting residents to get started or continue with physical activities.

Lifestyle staff encourage residents to attend and participate by ensuring the activities program is on display with a current update of daily activities on the white board. Staff assist residents with cognitive and mobility issues to attend. Where



residents are noticed to be absent from sessions they generally enjoy, lifestyle staff seek advice from care staff and/or the resident. One-on-one sessions are offered to residents who prefer to remain in their rooms or have some time-out. Evaluation of the lifestyle program occurs through monitoring of attendance, review of personal participation records, evidence of resident satisfaction and

wellbeing, discussions with residents, surveys and complaints. The program is responsive to feedback and aims to meet the requests of residents whenever possible. There is a monthly calendar distributed so all residents know what is on and is attached to the back of the newsletter. If any resident or representative has a suggestion on activities that should be conducted please see the activity staff in red to arrange for these to be added to the program. The activity program is always changing to meet individual needs and resident recommendations.



Relay For Life

Celebrate Remember Fight Back!

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.

Out and About

Once again Woods Point Residents took a bus trip to Belmore Street to the new Target store to pick up a few bargains.

Wandering through the store our residents found some great specials and after everyone had finished their shopping all excited with their purchases they felt they needed some refreshment. A detour to McDonalds for an ice cream finished off the outing very nicely.

If any resident wishes to go on the next shopping trip please see the Activities Department.



PM Quiz

The election has been run and won by the Liberal Party and we now have Tony Abbot as our Prime Minister. In light of this we decided to publish a quiz based on Australian Prime Ministers.

A - Which PM is pictured here?



B - Who said "Well may we say God save the Queen, because nothing will save the Governor-General."

C - PM Harold Holt disappeared from where?

D - This former Federal Treasurer was quoted as saying "This is the recession we had to have."

E - What was Australia celebrating when Bob Hawke famously said "Any boss who sacks anyone for not turning up today is a bum. "

F - Who was Australia's first PM?

G - Who was PM from 10th March, 1971 until 5th of December 1972?

H - Which PM was caught without any trousers in an American Motel?

I - Who was the first female PM of Australia?

J - What is Tony Abbott's middle name?

K - Serving only 8 days in office who was this shortest serving PM?



L - Who was the PM on 1st January, 2000?

M - How many Prime Ministers has Australia had in total?

Answers to the quiz can be found over page.

Red Faces at Woods Point!

Do you have a talent?

Do you know someone who has a talent?

We are looking to run a Red Faces Afternoon and need acts.

Poetry reading? Gum leaf blowing? Singing? Dancing?

Play an instrument?

Any talent would be welcome



Date: Sunday 10th November 2pm Start

Afternoon tea supplied.

Gold Coin Donation

All funds raised will be donated to the Woodzy Walkers Relay for Life Team fundraising.

Please speak with: Sharon Dunne, Vicki May, Paddy White or Kayla Stevenson for details.

Laughter Exercises

Research suggests that the simple act of laughing is a powerful form of complementary medicine. Until now, there has been no reliable and effective system to deliver laughter. Humor was the only tool available, but it is not reliable and seldom leads to continuous hearty laughter.

Laughter Yoga is a breakthrough laughter delivery system that enables a person to laugh continuously for 15 to 20 minutes with short breaks of yogic breathing.



Laughter Yoga Exercises For Seniors

- **Back Pain Laughter:** Lean forward and put your hand on your lower back, then laugh as if you could not stand back up.
- **Conductor Laughter:** Imagine you are a conductor. Direct an imaginary orchestra with enthusiastic arm movements as you sing any song of your choice in laughter sounds only e.g. ho ho ho or "ha ha ha".
- **Ear-Wiggle Laughter:** Slowly slide your left hand upward along the left side of your head,

slowly going over your head as you say an extended "aeeee" sound, then laugh as you wiggle your right ear with your left fingers. Do the same on the other side. Repeat a few times.

- **Vowel Movement Laughter:** Have you had your vowel movement today? Laugh in the tonality of the following sounds: Eee Eee Eee! Aye aye aye! Ah ah ah! Ho ho ho! Ooo ooo ooo ooo! Uh uh uh uh!



PM Quiz Answers

- A - Robert Menzies
- B - Gough Whitlam
- C - Portsea, Victoria
- D - Paul Keating
- E - Winning the 1983 America's Cup yacht race.
- F - Sir Edmund Barton
- G - William McMahon
- H - Malcolm Fraser
- I - Julia Gillard
- J - John
- K - Frank Forde
- L - John Howard
- M - 28

The best way to garden is to put on a wide brimmed straw hat and some old clothes. And with a hoe in one hand and a cold drink in the other, tell somebody else where to dig.

Vegetable Garden!



Woods Point resident Pat Murray enjoys attending to our vegetable garden.

Planting new seedlings, tomatoes, spring onions, zucchini and celery so that the kitchen can have fresh vegetables to cook with.

The great celery harvest that green gift that keeps on giving.

Celery is often called Nature's tooth brush.

Don't toss that celery base out, did you know you can use it to re-grow a new bunch of celery.

Cut off the base end stand in a small dish of water for a week or until new leaves appear in the centre and new roots will appear at the end. Plant to half of the celery depth in moist soil.

Fact: The first recorded mention of celery in France was 1623. It takes just one ounce of celery seed to produce an acre of celery.

If you would like to help to look after our vegetable garden, just take a stroll out into our courtyard.

Noodle Hockey

Earlier this month we tried a new game called “Noodle Hockey” and it was an absolute success!

Six contestants, 3 per team, each used a foam swimming pool “Noodle” to try to hit a rubber ball into a goal at either end of the lounge. The residents who participated soon got stuck into it with gusto and the laughter. rules were made up by the umpire as the game progressed. There were a couple of mildly disputed decisions from one or two players but they soon settled down when the send off rule was threatened (but not invoked).

The Yellow Team – John Randall at full back, Shirley Evans in the centre and Marjorie Wales as full forward prevailed with 9 Goals against the Green Team – Norma Woods (FB), Edie Manktelow (C) and Frances Hickey (FF) with 6 Goals.





Hearing
testing on
October 3rd
9.30 to 12.30

Also display of TV
and Phone devices
for hearing
impaired



FOOTY TIPPING 2013

Is there no stopping him? After finishing Equal 1st in 2011, and Equal 2nd in 2012, John Grant has done it again by taking 1st Prize outright in the 2013 Residents Footy Tipping Competition with 146 correct tips ... what a trifecta!

There was a tie for 2nd Prize between Carmel O'Dwyer and Nancy Wheeler each with 145 correct and our 3rd Prize was also a tie between Bob Nevin and the late Phyllis Dodd with 144 each. Congratulations to all.

We'll all need to put our best foot forward next year and see if we can't knock John off his pedestal.

There was also a 2013 Footy Tipping Competition for Staff Members and the lucky place-getters were:

1st Prize - Lorraine Bailey with 147 correct, 2nd Prize - Vicki Klerck with 145 and a tie for 3rd Prize between Jess Hevey and Gavin Borwick with 144 correct each.



Joey Pouch Making

Hundreds of marsupial joeys come into care of wildlife Victoria volunteers every year. All Joeys; including possums, wombats, koalas and kangaroos need to be kept warm and quiet. Volunteers are always in need of suitable pouches.

Are there any residents who would be willing to knit pouches for these animals?

Please speak to the activities staff for the pattern for woollen pouches.



Goulburn & Ovens

October 2013

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

	9.30 Catholic Mass 1 9.45 Tai Chi 10.00 Exercises 10.30 Carpet Bowls 1.30 Market/Movie 3.00 Craft	8.00 Special Breaky 2 9.45 Tai Chi 10.00 Exercise 11.00 Putting Comp 1.30 Movie/Bingo 3.00 Afternoon Tea	 Spring Dance Redshift 3	9.30 Mens Shed 4 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 Quiz and Kiosk 3.00 Happy Hr/ Birthday	5 9.45 Tai Chi 10.00 Exercise 11.00 Bobs 1.30 Movie	6 9.45 Tai Chi 10.00 Exercises 10.30 Scrabble Comp 1.30 Movie
7 9.45 Tai Chi 10.00 Exercise 11.00 Bobs 1.30 Cooking/Movie 1.45 Anglican Church 3.00 Birthday	9.30 Catholic Church 8 9.45 Tai Chi 10.00 Exercises 10.30 Carpet Bowls 1.30 Market/Movie 3.00 Memory Cards	9 9.45 Tai Chi 10.00 Exercise 10.30 Piano Lady 1.30 Movie/Bingo 3.00 Birthday	10 9.45 Tai Chi 10.00 Exercises 11.00 Who am I? 1.30 Op Shopping 3.00 Birthday	11 9.30 Mens Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 School Visit 3.00 Happy Hour	12 9.45 Tai Chi 10.00 Exercise 11.00 Bobs 1.30 Movie 3.00 Birthday	13 9.45 Tai Chi 10.00 Exercises 11.00 Putting Comp 1.30 Movie
14 9.45 Tai Chi 10.00 Exercise 11.00 Noodle Game 1.30 Cooking/Movie 1.45 Anglican Church 3.00 Afternoon Tea	9.30 Catholic Church 15 9.45 Tai Chi 10.00 Exercises 10.30 Carpet Bowls 1.30 Market/Movie 3.00 Sing-a-long	16 9.45 Tai Chi 10.00 Exercise 11.00 Bobs 12.00 BBQ Lunch 1.30 Movie/Bingo 3.00 Afternoon Tea	17 9.45 Tai Chi 10.00 Exercises 11.30 Big Strawberry 3.00 Birthday	18 9.30 Mens Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 School Visit 3.00 Happy Hour	19 9.45 Tai Chi 10.00 Exercise 11.00 Golf Putting 1.30 Movie	20 9.45 Tai Chi 10.00 Exercise 11.00 Quiz in the sun 1.30 Movie
21 9.45 Tai Chi 10.00 Exercise 11.00 Scenic Drive 1.30 Cooking/Movie 1.45 Anglican Church 3.00 Afternoon Tea	9.30 Catholic Church 22 9.45 Tai Chi 10.00 Exercises 10.30 Carpet Bowls 1.30 Market/Movie 3.00 Quiz	23 9.45 Tai Chi 10.00 Exercise 10.30 Piano Lady 11.30 Pub Lunch 1.30 Movie/Bingo 3.00 Afternoon Tea	24 9.45 Tai Chi 10.00 Exercises 11.00 Uniting Church 11.00 Golf Putting 1.30 Reject Shop 3.00 Quiz	25 9.30 Mens Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 School Visit 3.00 Happy Hour	26 9.45 Tai Chi 10.00 Exercise 11.00 Word Challenge 1.30 Movie	27 9.45 Tai Chi 10.00 Exercise 11.00 Who Am I? 1.30 Movie
28 9.45 Tai Chi 10.00 Exercise 11.00 Balloon Tennis 1.30 Cooking/Movie 1.45 Anglican Church 3.00 Afternoon Tea	9.30 Catholic Church 29 9.45 Tai Chi 10.00 Exercises 10.30 Carpet Bowls 1.30 Market/Movie 3.00 Quiz	30 9.45 Tai Chi 10.00 Exercise 11.00 Golf putting 12.00 Chinese Lunch 1.30 Movie/Bingo 3.00 Afternoon Tea	31 9.45 Tai Chi 10.00 Exercise 11.00 Halloween Fun 1.30 Friendlies 3.00 Craft	<div> October Birthdays Harry Bayliff - 4th Alma Jeffrey - 7th Ken Stevens - 9th Doris Carter - 10th Bessie Stevens - 12th Don Bowen - 17th </div> <div>  </div> <div> Join us for after-noon tea on each of these days to help celebrate the birthday of a fellow resident. </div>		