



What's The Point?

September 2013

Revamped Courtyard!

At the end of July our courtyard had a revamp with a putting green being installed.



These before and after photo's show how the roll of artificial turf has transformed the courtyard into a 'lush' green putting green.

See inside for more pictures on the first residents to get out and give the putting green a test run.



Putting!

It was a beautiful winter's day when Frances, Ernie and Frank tested out the new putting green in the courtyard.

All three spent some time out in the sunshine putting the golf ball around the artificial turf.

And all three have given the new putting green the seal of approval.

Frances, Ernie and Frank are looking forward to more days spent out in the sunshine and challenge other residents to come out and match their prowess with the club and ball!



September Birthdays



1st	Pat Munro
2nd	Margaret Butler
3rd	Frank Preston
4th	Reg Crook & Jim Sanderson
8th	Harold Singe
14th	Daisy Plunkett & Norma Woods
17th	Flo Keenan
21st	Vera Needham

Happy
Birthday

Podiatrist Visit

September 30th, October 1st
and October 2nd



Men's Shed

Outings will resume in September with Gavin's return from holiday. There has been a number of residents who have sorely missed these outings and are very much looking forward to going again.

Hearing Aids!



Tips for Family and friends.

It can be difficult for people who have a hearing loss to communicate with those around them. Wearing a hearing aid will help them, but they also need patience and understanding from their family, friends and carers. Here are some tips to help you communicate more effectively with someone who has a hearing loss.

Face the person directly, and be at the same eye level whenever possible. Don't shout - speak normally.

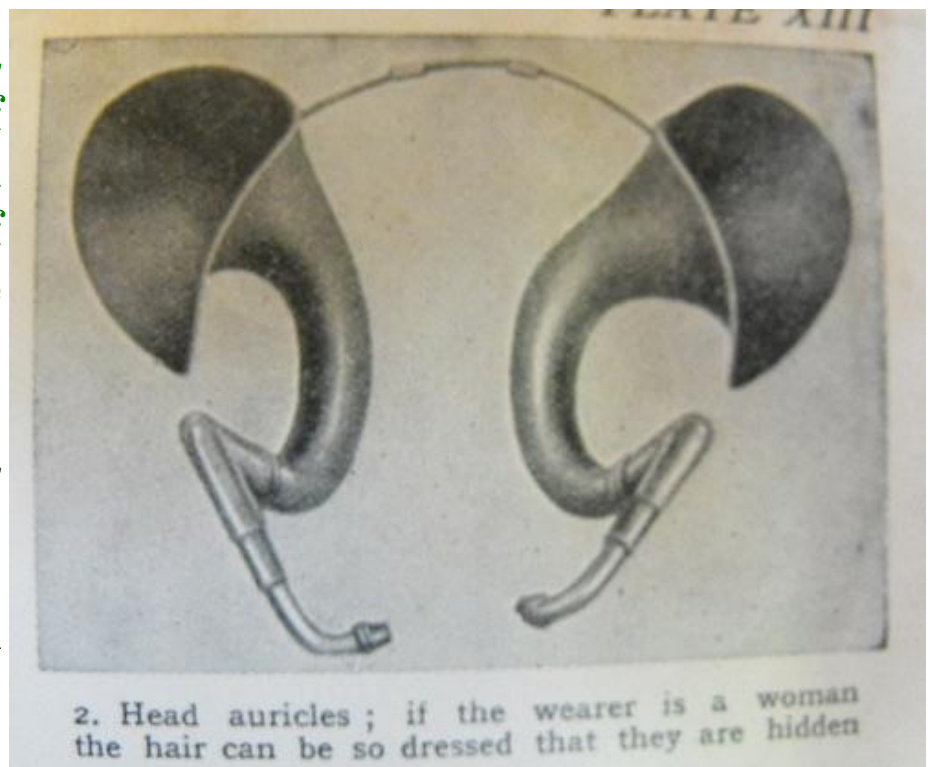
Keep your hands away from your face. Give them every chance to see all of your face.

Reduce background noise - turn off the radio or television.

Be sure that light is not shining in their eyes.

If you are not making yourself understood, find a different way of saying the same thing.

Be aware that they may have difficulty understanding speech even with a hearing aid.



What are the signs of hearing loss?

Loss of hearing is often a gradual process. Hearing loss is invisible and more common than people think. Some of the early warning signs of hearing loss are: you can hear but not understand; you find it hard to hear in noisy situations or groups of people; you think people mumble; you need turn the TV up louder than others or, you don't always hear the telephone.

How do I get my hearing aid repaired?

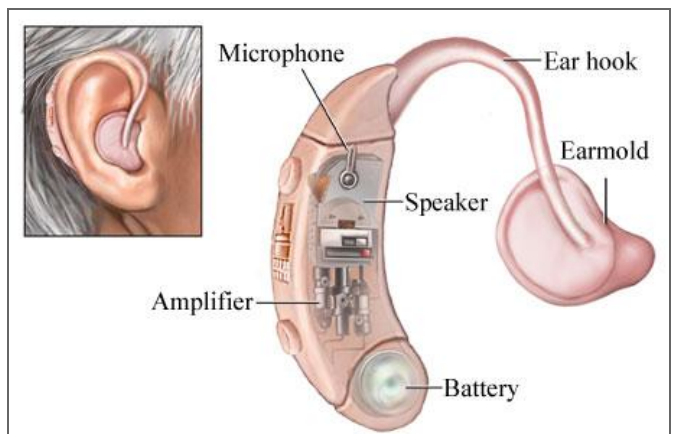
Speak to the care staff who will contact your provider and arrange for repairs to be carried out.

Where do I get new batteries for my hearing aid?

Providers offer a batteries service to clients with a valid hearing services card. Please notify care staff that you require new batteries for your aid.

Care of Hearing Aids - Residents should ask care staff for assistance to care for their hearing aids.

- ⇒ Keep hearing device clean – when removed before bed - wipe it every night with a dry cloth or tissue
- ⇒ Check every day for wax and remove it if there – including from the behind-the-ear moulds and tubing
- ⇒ Avoid getting hearing device wet – don't wear it in the shower or in the rain. Remove any moisture with a tissue or dry cloth
- ⇒ Remove hearing device before using aftershave, hair-spray, perfume, sunscreen, insect repellent, etc as the chemicals could damage it
- ⇒ Don't expose hearing device to extreme heat
- ⇒ Put hearing device in a case when not wearing it



Monday Afternoon Cooking!

Monday's are now known as "Cooking Day". With more and more residents becoming involved with the regular cooking sessions held each Monday afternoon.



With the baking most often then sampled by all on that very same day.

Recently residents have made such items as Chocolate Chip Cookies, Orange Cake, Cupcakes, Marshmallow Treat, Chocolate Muffins and Hummingbird Cake.

Here is our recipe for Orange Cake:

1½ Cups Caster Sugar

3 Eggs

1¼ Cups of Oil

2 Cups Self Raising Flour

Whole Orange (Chopped leave skin on)

Place all ingredients in a food processor, blend well, bake in moderate oven for about 45 minutes.



ELF Reading Day!

ELF community reading days provide a wonderful opportunity for children and families to celebrate the joy of reading together supported by the broader community.

Woods Point participates in the ELF reading day each year and the residents look forward to having the children visit and have 'story time' with us.

This year Sacred Heart School Preps and Country Buddies children visited Woods Point Aged Care for ELF day. A Friend of the Yarrawonga Library read to the children from the story books *It's The Bear*, *Jessica's Box*, and *The Bed Monster*.



Both residents and children enjoyed the reading. Residents were then entertained by the children singing *Twinkle Twinkle Little Star*, *Humpty Dumpty* and *The Wheels On The Bus*.

Afterwards the children chatted to the residents, and said their good byes.

From Resident Information Booklet 42.7p. 19 – distributed to all on admission and available on the website

Food safety regulations

Whilst the residential care facility is the residents' home catering staff can not be responsible for food brought in by residents or their relatives.



Foods of high risk such as, poultry, fish, dairy products, meat, eggs, rice, pasta brought in by the resident or relatives /friends must be kept at an acceptable temperature by bringing it in a suitable container such as; insulated bag \pm an ice brick or a thermos flask and consumed at the time of being brought to the facility. Prepared foodstuffs may be brought into the facility but if not consumed must leave with the persons visiting.



Staff must not store these food items or reheat them.

Foodstuffs with any potential contravention to the Food Safety Regulations must be disposed of by resident, representative and/or staff. This includes foodstuffs stored in resident rooms.

The Register of Food Donated /Brought to the Facility (27.2.3) is maintained and needs to be completed if you bring food into the facility located in kitchen

You must not give brought in food to other residents not only because of the food safety requirements but because the resident may have a medical condition that may prevent them from eating the food including the possibility that they may choke.

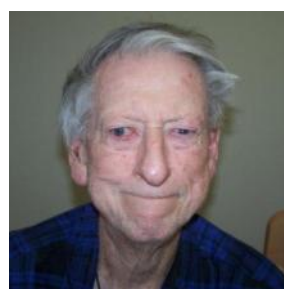
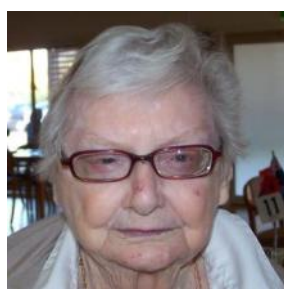
Some residents and relatives may not be aware that Woods Point Aged Care residents, relatives and staff

sponsor a number of children through the World Vision Sponsorship Program.

Our sponsor children are Modesti from Tanzania, Samnang from Cambodia, Keidy from Guatemala and Hawa from Malawi.

If you don't already participate in this sponsorship program and wish to learn more please speak to staff at reception so that they may assist you to become a fellow sponsor.

World Vision



Sad farewells to Joyce Alexander, Bill Aitken and Vicki Engi who all passed away during the month of August.

Woods Point Residents and Staff extend their deepest sympathies to the Alexander, Aitken and Engi families.



Recently residents bid a fond farewell to Stan Hilton who has moved to live closer to his daughter on the Bellarine Peninsula.

Stan was a regular at the Woods Point activities and could often be seen taking his daily walks around the facility perimeter.

School Visits

Sacred Heart Primary School students have become regular visitors to Woods Point, coming across the road each Friday to visit with the residents. Sometimes they bring with them work books and show their work to the residents, other visits have seen them showing off iPad's and a recent visit saw them dressed up as their favourite book character in honour of Book Week.

The residents and children love these visits and we can only hope that they continue indefinitely!



Doris enjoyed having this young fellow read his story book to her on a recent visit.

Ernie and his friend were all smiles looking at the pictures and stories in her book.





Dot was taking this game of “snap” with this Sacred Heart student very seriously recently.

We are not sure what Maria was up to with these cheeky young boys but we have a feeling she was sneaking them some lollies!



Edna is proof that you are never too old to learn. She is pictured here being instructed how to use an iPad.



A large crowd of family and residents all joined in to help celebrate Kath Johnson's 90th birthday on Sunday 18th August. Happy Birthday was sung before Kath cut the cake. The kitchen always whips up a wonderful cake for these occasions.

Craft

Volunteer Yvonne brought the ladies together to try their hand in making necklaces and bracelets. Carefully threading the beads and choosing the colours that they liked to mix or match.



The session was a great success with the ladies wearing their necklaces and brackets with pride by the end of the lesson. They were also very happy to show the other residents their handiwork.

If you wish to join in on the craft lesson speak to the activities staff.

Strawberry Farm!

The Big Strawberry at Koonoo-moo is always a popular outing for residents. And the most recent visit was no exception. The residents enjoyed browsing in the shop prior to sitting down to enjoy some scrump-



tious strawberry based afternoon tea.

The Big Strawberry also sells fresh produce grown in the district and Heather was pleased to come home with some lovely pumpkins.














These residents were lined up recently waiting to enjoy the cupcakes which had been made by the residents themselves.



Goulburn & Ovens

September 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking/Movie 2.00 Anglican Church 3.00 Afternoon Tea	30 9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking/Movie 2.00 Anglican Church 3.00 Afternoon Tea	 4 9.45 Tai Chi 10.00 Exercise 11.00 Putting Comp 1.30 Movie/Bingo 3.00 Reg C & Jim S 	5 9.45 Tai Chi 10.30 Resident Meet 11.00 Who am I? 1.00 Friendlies 3.00 Quiz	6 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 Boronia Singers 3.00 Happy Hour	7 9.45 Tai Chi 10.00 Exercise 11.00 Table Ball 1.30 Movie	 1 3.00 Pat M 
9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking/Movie 2.00 Anglican Church 3.00 Afternoon Tea	2 9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking/Movie 2.00 Anglican Church 3.00 Marg B 	3 9.30 Catholic Mass 9.45 Tai Chi 10.00 Exercises 11.00 Carpet Bowls 1.30 Fruit Market 3.00 Frank P 	12 9.45 Tai Chi 10.00 Exercises 11.00 Bobs 1.30 Red Shift	13 9.30 Mens Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 School Visit 3.00 Happy Hour	14 9.45 Tai Chi 10.00 Exercise 11.00 Balloon Tennis 1.30 Movie 3.00 Norma W 	8 9.45 Tai Chi 10.00 Exercise 11.00 Putting Comp 1.30 Movie
9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking/Movie 2.00 Anglican Church 3.00 Afternoon Tea	9 9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking/Movie 2.00 Anglican Church 3.00 Afternoon Tea	10 9.30 Catholic Church 9.45 Tai Chi 10.00 Exercises 11.00 Carpet Bowls 1.30 Fruit Market 3.00 Quiz	18 9.45 Tai Chi 10.00 Exercise 11.00 Putting Comp 1.30 Movie 1.30 Bingo	19 9.30 Mens Shed 9.45 Tai Chi 10.00 Exercises 11.00 Who am I? 1.30 Op Shopping 3.00 Memory Cards	21 9.45 Tai Chi 10.00 Exercise 11.00 Who Am I? 1.30 Movie	15 9.45 Tai Chi 10.00 Exercise 11.00 Scrabble 1.30 Movie
9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking/Movie 2.00 Anglican Church 3.00 Afternoon Tea	16 9.45 Tai Chi 10.00 Exercise 11.00 Craft 1.30 Cooking/Movie 2.00 Anglican Church 3.00 Afternoon Tea	17 9.30 Catholic Church 9.45 Tai Chi 10.00 Exercises 11.00 Carpet Bowls 1.30 Fruit Market 3.00 Flo K 	25 9.45 Tai Chi 10.00 Exercise 12.00 Chinese Lunch 1.30 Movie 1.30 Bingo	26 9.30 Mens Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 School Visit 3.00 Happy Hour	27 9.30 Mens Shed 9.45 Tai Chi 10.00 Exercises 11.00 Word Challenge 1.30 School Visit 3.00 Happy Hour	22 9.45 Tai Chi 10.00 Exercise 11.00 Putting Comp 1.30 Movie
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