

What's The Point?

January
2014



If the smiles on these ladies faces are anything to go by the Annual Woods Point Resident Christmas Party was a huge success.

Lynne and Nancy both enjoyed the evening as did all those who attended.

A last minute glitch with the

entertainment that had been booked for the night meant that residents and visitors had to make do with being entertained by staff for the evening. Many of the staff who had been involved in the Relay for life “Woodzy Walkers” team made an appearance with their version of “Mambo No 5”. Followed by some very off-key carol singing, staff member Kiran and her daughter Saihaj performed some traditional Indian dance routines with fellow staff member Jo.

A presentation was made by Director of Nursing Marita to our wonderful volunteers Karen, Dawn, Lorraine and Judy. Other volunteers who were not present on the evening received their gifts at a later time.

John Grant spoke on behalf of the residents and of course what sort of a Christmas party would it be without a visit from the man in the red suit?

A very jolly Santa distributed lollies as he made his way amongst the crowd spreading lots of Christmas cheer.

The evening concluded with the popular slide show followed by tea, coffee and sweet treats.

More pictures inside..

Safety Concern

We advise that the staff car park (located at the back of the building along Woods Road) is not suitable for residents or visitors to stroll in.

For the safety of all concerned we would encourage walking on the designated pathways and do not walk beyond the double doors at the residents dining room.

The car parks are unsafe walking areas but most particularly the staff car park due to delivery trucks and garbage trucks also using that area.



Pocket Money

It's becoming an increasing concern that families are allowing residents to keep large sums of money on them.

There is a pocket money



system in place, whereby residents money is kept in the safe located at reception and residents can access this money at anytime during of-fice hours.

Residents DO NOT require large amounts of money. \$10 per week is more than sufficient for them to participate in bingo or shop from the kiosk and if they require more money for outings etc they can ask at reception.

Pocket money can also be used to pay for hair appointments.

Woods Point will not accept responsibility for any money that goes missing.

Many residents easily misplace items and other residents are often picking up belongings that are not their own. Therefore it's very easy for a wallet or purse, and therefore, money to be lost.

Some residents also exhibit paranoid behavior and hide the money in a 'safe place' which could be anywhere and the money is then never found.

*Tegan's
Enchanted Beauty*



Podiatrist Visit February 3rd, 4th & 5th



*Visits are on Friday mornings
from 10.30am in the Beauty
Salon.*

*Please see administration staff
for more information.*

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

Waxing

**Australia
Day
January
26th**



January Birthdays

Mary Crook 2nd
Jenny Dalton 17th
Jill Carter 20th
Ann Rendell 20th
June Williams 28th
Shirley Evans 29th
Ian Miller 29th

Heatwave Management Plan

Generally a heat wave in Victoria is "...defined as a period of abnormally and uncomfortably hot weather that could impact on human health, community infrastructure and services."

Woods Point Aged Care has a heat wave management policy which is implemented when the outside temperature exceeds 32°.

For the safety of our residents the facility goes into lock down. This will mean that access to and from the building is only possible via the front entrance doors. Staff can then monitor the movements of all residents.

Residents will only be able to leave the facility during these periods when accompanied by a friend, relative or staff member.

Signs are placed at the front doors when the facility is in lock down and the residents are advised by an announcement when the lockdown starts and ends.

If reception is unattended anyone wishing to gain access can do so by pressing the door buzzer and notifying the RN staff that they require entry to the facility. Anyone who needs to exit the building will require a staff member to assist them.

We understand that this is a frustrating time for everyone, however our priority is resident safety and we do try to limit the lock down to only those times when absolutely necessary.

Heatwaves can cause fatigue, dehydration, heat rash, heat cramps, heat exhaustion and heat stroke. **Heat exhaustion** warning signs may include a pale complexion and sweating, rapid heart rate, muscle cramps and weakness, dizziness and headache, nausea, vomiting or fainting.

Heat stroke is life threatening and requires urgent

Heatwave Management Plan

attention. Symptoms may be the same as for heat exhaustion but the skin may be dry with no sweating and the person's mental condition worsens. They may stagger, appear confused, have a seizure, appear to have a stroke or collapse and become unconscious.

If you are out and about with your loved one and notice any of these symptoms we recommend that you call an ambulance immediately.



What do Woods Point staff do to help during this time?

- Ensure that the temperature in residents rooms and the facility is kept comfortable, with curtains closed to reduce excess heat;
- Monitor exits to avoid the unsupervised departure of residents during extreme heat events;
- Be aware that residents are particularly at risk when there are high night-time temperatures;
- Ensure adequate hydration;
- Offer residents alternative forms of fluid, such as ice-cream, icy-poles and cordial;
- Encourage residents to wear loose, light clothing.

What can family and friends do to help during this time?

- Visit during the cooler times of the day;
- Avoid taking the resident out into the heat unless necessary;
- If you absolutely must take the resident out ensure they have a drink bottle with them, wear a hat and loose, light clothing;
- Encourage the resident to keep cool and hydrated.



Information sheets are available at reception.



XMAS
PARTY





Sacred Heart Primary

Students from the neighbouring primary school once again entertained Woods Point residents with Christmas carols and playing their instruments called glockenspiels. Songs performed included The Little Drummer Boy and Aussie Jingle bells.

EN Sharon just could not help herself and had to join in with the students as they rock and rolled their rendition of George Thoroughgood's Rock and Roll Christmas.

Students are now on holidays and won't be visiting at Woods Point for a few weeks.



Christmas In Tanzania

One of our sponsor children, Joseph from Tanzania, has sent us a letter with details of how Christmas in his community is spent.

“Christmas Day and New Year celebrations here is a wonderful period for all people especially children. The occasion starts to be heard in early December because Christmas songs and New Year songs are played in all over the place. People are busy buying things like Christmas trees and decorations for their home.

For children this is a wonderful time for them because parents usually buy

new clothes for them so you will see most children walking around on Christmas day showing off their new clothing.

It is a big deal to them to have new clothing.

The family goes to church on Christmas morning and usually gets home from the service around 10am and mom makes a dish of pilau (rice mixed with meat), chips and soda and if they have the money they will have fried meat of some sort, usually chicken or beef.

After lunch children and other people like to go to beach for evening walk and having fun.”

World Vision in Tanzania Today!

World Vision is committed to partnering with the people of Tanzania to improve their lives today and to help enact sustainable solutions for the future of their children, families, and communities.

World Vision’s child sponsorship program plays a vital role in this partnership, with donors from the sponsoring more than 22,600 girls and boys.

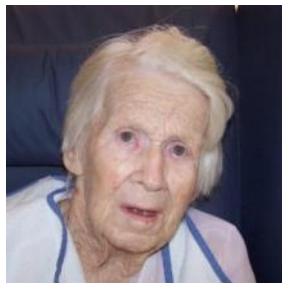
In addition to sponsorship, World Vision operates other programs that benefit communities in Tanzania.



Ivan - 1st

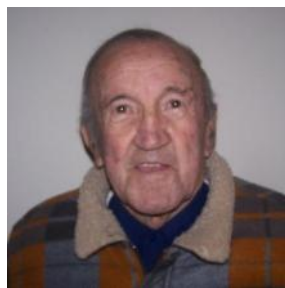
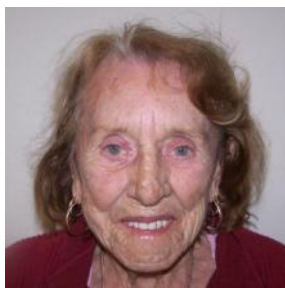


Molly - 12th Flo - 29th



Woods Point Aged Care sadly said farewell to three of our lovely residents during the past month. Our Sympathies are extended to the Hosking, Hehir and Keenan families on the passing of their beloved.

Relocated



Marg and Ron Hipworth have left Woods Point and relocated to Melbourne to be closer to their families. We wish them all the best in their new home.

New Year Cheer (Author Unknown)

At the sound of the tolling midnight bell
a brand new year will begin.

Let's raise our hopes in a confident toast,
to the promise it ushers in.

May your battles be few, your pleasure many,
your wishes and dreams fulfilled.

May your confidence stand in the face of loss
and give you the strength to rebuild.

May peace of heart fill all your days,
may serenity grace your soul.

May tranquil moments bless your life
and keep your spirit whole.

Australiana Quiz

1. Which state of Australia do you live in if you are known as a 'croweater'?
2. 'Cart's used to transport water during WW1' and 'untrue or absurd stories' are called a.....?



3. Finish this phrase "as fit as a mallee....."?
4. What is the name of Australia's largest desert?
5. By 1935, all states of Australia marked Janu-

ary 26 as Australia Day, but which state called it Anniversary Day?

6. Who was the first Australian of the Year recipient?
7. Which Australian band has a street in Melbourne's CBD named after it?



8. Which Australian male is pictured on the green \$100 bill?
9. Who wrote the words to Waltzing Matilda?

10. In which state is Australia's oldest bridge, the Richmond Bridge, found?



11. What year did colour television broadcast debut in Australia - A) 1973? B) 1974? C) 1975? D) 1976?
12. Which small country town refers to itself as 'the home of federation'?
13. Where would you find the 'Big Banana'?

Quiz Answers

1. South Australia
2. Furphy
3. Bull
4. Great Victoria Desert
5. New South Wales
6. Sir MacFarlane Burnett
7. AC/DC
8. Sir John Monash
9. Banjo Patterson
10. Tasmania
11. 1975
12. Corowa, NSW
13. Coffs Harbour

The Great Victoria Desert is not located in Victoria. Located on the South Australian/West Australian border the desert covers an area of 348,750 km²

Family Day Care Visit

A visit from “Cherrines Little Angels” and soloist Adrian Pawar just prior to Christmas brought huge smiles to the faces of our residents.

The children were all dressed up in costumes and



danced along to songs performed by Adrian.

They presented the residents with a special canvas featuring the handprints of all the children.

This canvas has been

added to our collection and is currently hanging above the fireplace in the main lounge.

We hope to see the “little angels” again sometime soon.

Christmas Bingo Fun!



The Year that was at Woods Point:

Here is a summary of the year:

We have had 61 respite residents and 44 permanent residents admitted to Woods Point for a varying length of stay.

- Woods Point occupancy has been 97% for 2013
- We have had 590 residents since opening
- 2/3 of the residents are female.
- Currently average age of residents is 88.
- We have 2 centenarians.
- 28 new staff in 2013
- We currently employ 97 staff at Woods Point.
- We have received 444 documented incidents.

- We have received 105 documented improvements and suggestions.
- We have reviewed and updated 143 policies and procedures.
- We have completed 75 audits on a full range of areas.



- We have completed 52 quality activity reports.
- 99% satisfaction from the resident survey.
- 97% satisfaction from the resident representative survey.
- We have received and

fixed 668 maintenance requisitions.

- We have paid 1259 hours totaling \$31,092 in staff training both internally and externally.
- We have dished up over a staggering 100,000 meals to residents, visitors and staff.
- We celebrated 97 residents' birthdays.
- We have had 9 staff obtain higher qualifications.



I would like to thank all the staff for their tireless

The Year that was at Woods Point: (cont).

work, humour, commitment to the residents and professionalism in the care and services they deliver.

I know all the residents appreciate your efforts. We face many challenges every day and celebrate many occasions and although we may not get it right all the time, every effort is made to ensure the residents at Woods Point are secure, happy and respected.

We thank all our external services such as hairdresser, medical staff, allied health staff and contractors.



We look forward to a successful happy 2014 and wish you all the best for the coming year.



May we continue to face the successes and challenges together at Woods Point and I would like to thank the residents, representatives, volunteers, staff and visitors for the hard work and commitment to making Woods Point what it is.

Marita Seamer
Director of Nursing

Food Policy

A reminder that whilst it is tempting for our residents to have lots of yummy foods brought in from home there are guidelines in place with regards to food safety.

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.

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.

2013, the year in review

As we celebrate the arrival of 2014 we also take the time to look back on the past year at Woods Point.

In January 2013 we had a visit from author Richard Baxall who presented Stan Hilton with a copy of his book *Unlikely Warrior* (of which Stan features).

February, eldest resident Myrt O'Bryan celebrated her 101st birthday.

March, Yarrawonga Mulwala Scout Group helped residents celebrate Easter by delivering Easter eggs and cards.

April, a visit from Dr Sharman Stone MP was the highlight of the month.

May, former AFL footballer Brendan Fevola dropped in for a chat and some photo's with our residents.

June, Enda Etchells celebrated her 100th birthday on June 1st.

July, Woods Point residents and activities staff were de-

lighted with the acquisition of a Wheelchair access bus.

August, the courtyard underwent a transformation with a large part being made into a putting green.

October, Woods Point hosted the Annual Spring Dance.

November, the yearly market/fete day was held.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Happy Birthday  Gwen Crook - 2nd Jenny Dalton 17th Jill Carter - 20th Ann Rendell - 20th June Williams - 28th Shirley Evans - 29th Ian Miller - 29th		New Years Day  1	2 9.30 - 4.00 10.30 Res/Rep Meeting Exercises/Scarves Sing a long Massage 3.00 Birthday	3 9.30 - 4.00 Craft Reminscence 3.00 Happy Hour	4 Reminiscence Jigsaw	5 Table Ball Movie
6 9.30 - 4.00 Massage Cooking 2.00 Anglican Church Afternoon Tea	7 9.30 - 4.00 9.45 Catholic Church Exercises Table Ball Sing a long	8 9.30 - 4.00 Hairdresser Facials 1.30 Bingo Nails Massage	9 9.30 - 4.00 Exercises Memory Boxes Craft	10 9.30 Mens Shed 9.30 - 4.00 Beauty Therapy Craft Movie 3.00 Happy Hour	11 Card Bingo Memory Cards	12 Table Ball Balloon Games
13 9.30 - 4.00 Massage Cooking Memories 2.00 Anglican Church Afternoon Tea	14 9.30 - 4.00 9.45 Catholic Church Exercises Craft Memory Cards	15 9.30 - 4.00 Hairdresser Facials 1.30 Bingo Nails Massage	16 9.30 - 4.00 Exercises Craft Movie	17 9.30 Mens Shed 9.30 - 4.00 Beauty Therapy Craft Movie 3.00 Happy Hr/Birthday	18 Beauty Therapy Jigsaw Movie	19 Beauty Therapy Craft
20 9.30 - 4.00 Massage Cooking Afternoon Tea	21 9.30 - 4.00 9.45 Catholic Church Exercises Balloon Games Jigsaws	22 9.30 - 4.00 8.00 Special Breaky Hairdresser Facials 1.30 Bingo Nails/Massage	23 9.45 Uniting Church Exercises Balloon Games Sing a long	24 9.30 Mens Shed 9.30 - 4.00 Beauty Therapy Craft Movie 3.00 Happy Hour	25 Balloon Games Sing a long	26 Australia Day Jigsaw Massage
27  Holiday	28 9.30 - 4.00 9.45 Catholic Church Exercises Balloon Games Jigsaws Birthday	29 9.30 - 4.00 Hairdresser Facials 1.30 Bingo Nails/Massage 3.00 Birthday	30 Exercises Craft Jigsaw	31 9.30 Mens Shed 9.30 - 4.00 Beauty Therapy Craft Movie 3.00 Happy Hour	We know Australia Day is the 26th of January, however the holiday is on January 27th and no activities staff will be present on that date.	