

What's The Point?

July
2014

A recent trip to the Yarrawonga Community Op-Shop saw Shirley have a go at 'tinkling the ivories' whilst the other residents shopped. It all must have been too



much for her though as she soon joined Nancy and Heather in some comfortable lounge chairs and had a well earned rest.

These outings are open to all residents and we hope that next time some new faces decide to go along.

Residents Meetings

Resident and Representatives meeting is scheduled monthly.

The meetings are held on the first Thursday of the month at 10.30 in the main dining room.

All residents and their family representatives are invited to attend these meetings.



Items from June Meeting

Some items from the June meeting worth remembering.

- Please do not save food from meals and store in your room. If you would like some food saved ask kitchen to store it correctly. If you are hungry at any time please speak to kitchen staff for some options.
- Food safety regulations are strict on correct storage of all foods and we request your co-operation. If you are unsure please ask a kitchen staff member.
- If you would like a larger portion size please ask kitchen staff. They are always happy to provide.
- Request that visitors remove their hats when visiting our facility.

Hair Appointments

There is a slight increase in the prices at the hairdressers as of July 1st.



Podiatrist Visit



21st and
22nd July

Tegan's Enchanted Beauty Waxing

*Visits are second Friday of each month
from 10.30am in the Beauty Salon.
Please see administration staff for more information.*

Hair

Appointments

Mondays, Wednesdays
and Thursdays

Appointments can be
made directly with
Kylie or by leaving your
name with reception.



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!

July 30th is
International Day of Friendship.
One of the best things about being
at Woods Point Aged Care is that
you get to make lots of new friends.
So embrace the day and celebrate
friendships, old and new!



Cafe Time

A different bit of fun and relaxation came to Woods Point early last month, with a new activity on the program.

Cafe Time held around afternoon tea time where cappuccino's and hot chocolates are served with a friendly smile from Ernie and an activity staff member.

There is still a matter of timing in keeping everything hot, getting the froth right and orders as they are placed.

Some residents are not sure if they have to pay, so we would like to reassure everyone it is a free activity which incorporates cakes, scones and slices from the kitchen.



Woods Point were saddened by the passing of Sylvia Bailey and Lucie Newton during June.

Our deepest condolences are extended to Sylvia and Lucie's families and most especially to our fellow resident Dennis Bailey.

Changes to Funding

As of July 1st, 2014 there are changes to the way the government funds Aged Care.

How does this affect you?

Well, basically it doesn't!

All residents who were in Aged Care prior to the 1st July will not be impacted in anyway by the new funding schemes.

If you have heard there will be changes please don't worry, we guarantee these changes do not affect you!

If families have questions they can ask us or visit the following website which has all the answers you need.
www.myagedcare.gov.au

Dietitian

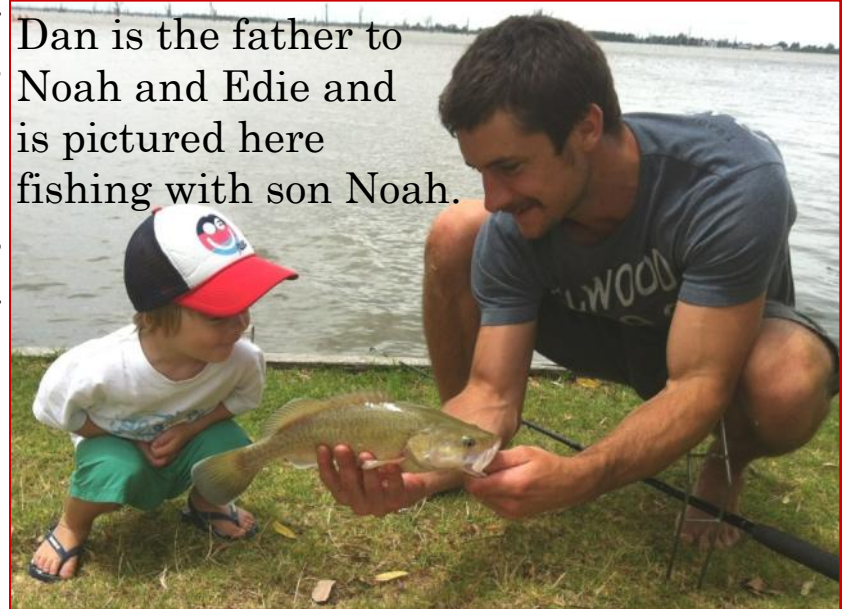
The role of our dietitian, Dan Thomson is that of helping to ensure your nutritional needs are met. According to Dan, "This includes providing adequate nutrition for optimal health and vitality, assisting with blood glucose control for diabetics and helping residents prevent weight loss or to help gain weight".

Having been a dietitian for 9 years now, Dan chose this profession due having always had an interest in what makes humans healthy and food is such a central part of that.

The disappointing part of Dan's job is seeing the effect that the 'dieting industry' has on people's long term nutritional status. "So many people are damaged for life by fad diets!" says Dan.

However, Dan also stated that what is enjoyable is "being able to help people achieve their goals"

Dan is the father to Noah and Edie and is pictured here fishing with son Noah.



Veggie Garden

To all residents at Woods Point we are needing some green thumbs to attend to our veggie garden, only once a week to help with watering and planting new seedlings, so that the kitchen can cook with more fresh produce straight from our own back yard. Please see Lorraine activities staff



Kiosk

Woods point kiosk is open every Friday at 1.30pm in the main lounge.

If you have a bit of a sweet tooth come and visit our kiosk.

Lorraine will help you to select from the large range of, bag lollies, bars, biscuits, and greeting cards, or just come for a chat.



Happy Birthday

Jillian Sambrooks celebrated her 60th birthday at Woods Point with residents and friends.

The kitchen whipped up a special cake for Jill to share with everybody at afternoon tea.

Lots of cheers and congratulations were heard throughout the dining room whilst everyone wished Jill a Happy Birthday.



Happy Anniversary

Residents Charles and Mary Hamm recently celebrated their 62nd wedding anniversary with a special luncheon in the facilities courtyard. Mother nature was generous in providing a beautiful autumn day for them.

Later in the day the celebrations continued with a cake for afternoon tea.



High Care Activities



Out and About! ...or.... In and Entertained!





Carmel O'Dwyer - 2nd

Kevin McCarthy - 5th

Brian Hicks - 13th

Rosemary Skinner - 15th

Joan Fisher - 21st

Mary Hamm - 22nd

Jeane Knights - 22nd

Frances Hickey - 23rd

Tom Ryan - 27th

July Birthdays

Keeping Well in Winter

Often in winter we hear of many ills and ailments. So, how do we avoid becoming unwell ourselves?

Firstly, remember that Woods Point is a very well heated facility; with each room having it's own heating and the corridors and main rooms are also heated. Therefore avoid wearing too many layers indoors so that when you do travel outside you can layer up and avoid getting a winter chill.



We also like to encourage that you do get outside when you can. Whilst it

looks miserable and bleak stay indoors, but if the sun is shining, don some warm winter clothes and take a brisk walk outdoors. The exercise will be helpful, your body will get vitamin D from the sun and evidence shows that spending time outdoors in winter will help reduce the "winter blues" or depression that many experience.

Another great tip is to remind family and friends that if they are feeling unwell you would prefer them not to visit. Many of our residents will become unwell due to being infected by a visitor who has brought the bug in with them.

July Quiz

1. Canada Day is celebrated on what date in July?

2. On July 4th each year, American's celebrate what day?

3. What is the birthstone for July?

- A) Diamond
- B) Amethyst
- C) Ruby
- D) Sapphire



4. The month of July is named after who? Or what?

5. What world famous event occurred on July 20th, 1969

6. Which of these ex-prime ministers was born on July 26th, 1939?

- A) John Howard
- B) Gough Whitlam
- C) Paul Keating

7. On July 10th, 1907 what occurred involving Melbourne and Sydney?



8. Which famous tennis tournament begins in June and ends in July each year?

9. The French celebrate Bastille Day on July what?

- A) 4th
- B) 14th
- C) 24th



10. On July 5th, 1996 "Dolly" became first mammal cloned from an adult cell. What type of animal was Dolly?

11. The world's first "test-tube" baby was born on the 26th July in which year?

- A) 1978
- B) 1980
- C) 1976

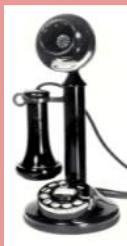


Quiz Answers

1. July 1st
2. Independence Day
3. Ruby
4. Julius Caesar
5. Man walked on the moon
6. John Howard
7. First phone call between these cities
8. Wimbledon
9. 14th
10. Sheep
11. 1978

Melbourne and Adelaide were linked by phone in 1914.

Sydney and Brisbane in 1923 and Perth was connected to Adelaide in 1930



Footy Tipping 2014



Its 30th June 2014 – the end of the Financial Year. And after 15 weeks of football we are now two-thirds of the way through the AFL Season and 2/3^{rds} of the way through our Residents Football Tipping Competition.

126 footy games have been played and won. And 68% of those wins have been correctly tipped by our leader Nancy Wheeler with 88 wins to her name.



Nancy is hotly pursued by Dennis Bailey on 87, Monica Ivers on 85, Pat Clark on 84 and Carmel O'Dwyer and Ernie Ryan both on 83.

Interestingly, the ladies are still showing the way with 4 of them in the top 6. Come on men, lift your game!

Who will be our Top Tipster for 2014, and what will that lucky person do with all those elusive dollars to be won at the end of the season?



We'll just have to wait and see, won't we!

Clinical Care

Clinical Care is expected outcome 2.4 and is a major focus that requires a consultative approach from Residents / representatives and staff.

Clinical Care requires that: Residents receive appropriate clinical care.

What does this mean?

What we are aiming to achieve is:

- Management and staff demonstrate that Residents receive the care that is appropriate to their needs and preferences.
- Residents / representatives confirm the appropriateness of the care

they receive according to their needs and preferences.

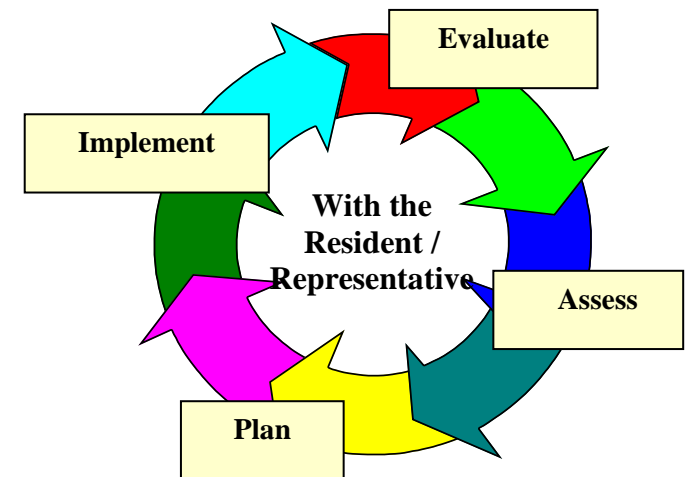
Woods Point aims to meet this outcome by completing the following:

Undertaking an initial assessment and planning in relation to care and lifestyle, including all the following areas: specialised nursing care needs; pain management; palliative care needs; skin care management; continence management; behavioral management; mobility and dexterity needs; sensory losses and sleep management, as well as lifestyle choices.

This initial assessment conducted for all Residents

forms the basis of care provided.

As we know residents needs change frequently and staff must be aware of these changes through clinical assessments, review of care plan, Resident of the Day reviews and communication with Residents, their Representatives and Staff.



You may wonder some times why we continue to

Clinical Care

ask questions about your care needs, preferences, dislikes, and how you are managing with all aspects of your care. The reason is to ensure we provide clinical care that best matches your needs and preferences.

The types of documentation we use to formulate your individualised care plan is as follows:

- Assessments
- Care plans
- Progress notes
- Observation charts
- Incident forms / Improvement forms
- Monthly resident of the day reviews in which all aspects of your care is reviewed and updated. Staff



telephone the resident and / or representative to discuss the care provided and raise any concerns that are then actioned.

- Consultation with Residents and/or Representatives.
- Doctor / Allied health assessments and correspondence.

From all this documentation and communication with you we are striving to ensure you are satisfied with the level and manner in which care and services are provided across all areas of health and personal care, as well as your lifestyle choices.

By communicating with staff regularly, 'Have your say' at the Resident/ Representatives meetings and using the Suggestions, Complaints and Compliments box (located in main lounge), we can ensure Woods Point delivers care and services that suit you as an individual.

If you have any concerns or would like to discuss your care and clinical care needs please ensure you speak to the RN in charge or care staff.



Keep communicating!
Marita Seamer

Goulburn & Ovens

July 2014

MON	TUES	WED	THUR	FRI	SAT	SUN
Programs are subject to change, see white board	1. 9.45-Catholic Mass. 10.15-Carpet Bowls. 1.30-Scenic Drive. 3.30-Puzzle Time. 4.00-Reminiscing.	2. 10.00-Exercises. 11.00-Bobs Comp. 1.30-David Evans. 2.00-Footy Tipping.	3. 10.30-Resident Meeting. 11.30-Quiz. 1.30-Movie. 1.30-Rich Glen. 3.30-Memory Cards.	4. 9.45 Men's Shed. 10.00Exercises. 11.00WordChallenge. 1.30-Kiosk/Quiz. 3.00-Happy Hour.	5. 10.00-Exercises. 11.00-Remember When. 1.30-Movie.	6. 10.00-Exercises. 11.00-Quiz. 1.30-Movie.
7. 10.00-Exercises. 11.00-Bobs Comp. 2.00-Anglican Church. 2.00-Cooking With Loraine.	8. 9.45-Catholic Church. 10.15-Carpet Bowls. 1.30-Chocolate Factory. 1.30-Movie.	9. 8.30-Special Breaky. 10.00-Exercises. 11.00-Bobs Comp. 1.30-Bingo. 1.30-Movie.	10. 10.00-Exercises. 11.00-Horse Races. 1.30-Movie. 1.30-Museum. 3.30-Remember When.	11. 9.45 Men's Shed. 10.00Exercises. 11.00WordChallenge. 1.30-Kiosk/Quiz. 3.00-Happy Hour.	12. 9.45-Exercises. 11.00-Bob's Comp. 1.30-Movie.	13. 9.45-Exercises. 10.30-Scrabble. 1.30-Movie
14. 10.00-Exercises. 11.00-Bobs Comp. 2.00-Anglican Church. 2.30-Mulwala Bakery. 4.00-Remember When.	15. 9.45-Catholic Church. 10.15-Carpet Bowls. 1.30-Scenic Drive. 3.30-Puzzle Time. 4.00-Reminiscing.	16. 10.00-Exercises. 10.30-Piano Lady. 1.30-Bingo. 1.30-Movie.	17. 10.00-Exercises. 11.00-Bob's Comp. 12.00-Macca's Lunch. 3.30-Hangman.	18. 9.45 Men's Shed. 10.00Exercises. 11.00WordChallenge. 1.30-Kiosk/Quiz. 2.00-Meet the Kids. 3.00-Happy Hour.	19. 9.45-Exercises. 11.00-Bob's Comp. 1.30-Movie.	20. 9.45-Exercises. 10.30-Scrabble. 1.30-Movie
21. 10.00-Exercises. 11.00- Quiz. 2.00-Anglican Church. 2.00-Cooking With Loraine.	22. 9.45-Catholic Church. 10.15-Carpet Bowls. 1.30-Fruit Market 3.30-Quiz. 4.00-Reminiscing.	23. 8.30-Special Breaky. 10.00-Walks. 11.00-Quiz. 1.30-Bingo. 1.30-Movie.	24. 10.00-Exercises. 11.00-Uniting Church. 11.00-Remember When. 1.30-Burramine Homestead.	25. 9.45 Men's Shed. 10.00Exercises. 11.00WordChallenge. 1.30-Kiosk/Quiz. 2.00-Meet the Kids. 3.00-Happy Hour.	26. NO STAFF.	27. NO STAFF.
28. 10.00-Walks. 11.00-Golf Putting. 2.00-Anglican Church. 2.15-Scenic Drive.	29. 9.45-Catholic Church. 10.15-Carpet Bowls. 1.30-Scenic Drive. 3.30-Quiz Time. 4.00-Reminiscing.	30. 10.00-Exercises. 10.30-Piano Lady. 12.00-Chinese Lunch. 2.00-Bingo.	31. 10.00-Exercises. 11.00-Bob's Comp. 1.30-Movie. 2.00-Chocolate & Marshmallows.			