

What's The Point?

June
2014

What better way is there to enjoy the recent balmy Autumn weather other than to take a leisurely walk beside beautiful Lake Mulwala?

Not only do residents get to enjoy the lovely scenery, but they also: catch a much needed dose of Vitamin D; get to exercise their weary legs; have an opportunity to



stop for a rest in the sun and enjoy throwing some bread crusts to the many ducks and seagulls that inhabit the area.

Several residents have taken advantage of this golden opportunity recently. If you haven't joined them yet, ask the Activities staff to take you out for a Lake Walk before Winter sets in and keeps everyone inside.

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.

next meeting

5th
June

State Election

The Victorian State election is to be held on 29th of November this year.

This is a reminder to those residents who have recently moved into care at Woods Point that you must change your address with the electoral office.

Forms were included in your welcome pack. If you have misplaced your form please speak with administration staff for a replacement form.

Voting is compulsory for everyone on the electoral role regardless of age.

If you wish to check whether you or your relative is registered please visit the website www.vec.vic.gov.au or speak to administration staff who can check for you.

You can apply to remove a person's name from the roll if that person is incapable of understanding the nature and significance of enrolment and voting. The person's doctor must verify that this is the case by completing a form. It is the responsibility of the family members to ensure that this has occurred.

A mobile voting booth will visit Woods Point at a date to be advised.

Residents will be solely responsible for their own voting.

Podiatrist Visit

9th and
10th of
June.



Tegan's Enchanted Beauty Waxing

*Visits are every second Friday morning 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.

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

World Elder Abuse Awareness Day

June 15

Wear
PURPLE



SENIORS LIVING IN DIGNITY

World Elder Abuse Awareness
Day (WEAAD) was developed &
launched on June 15, 2006 by the
International Network for the
Prevention of Elder Abuse

Do Men Cook?

They say men make the best chefs, well the men at Woods Point are sure to come into that category.

Ted and John were in the group that made the delicious date ring cake. The ingredients included mashed banana, dates, flour, sugar and eggs among other things.

On the same day in High Care Lili and her team including Jim and Tom made pikelets. The aromas wafting around both dining rooms were enticingly hard to resist and mouth wateringly great once tasted.



Woods Point sadly said goodbye to residents John Mangan, Des Cox and Bob Buchanan who all passed away during the month of May.

Our deepest condolences are extended to the respective families.

Footy Tipping 2014

We are almost halfway through the footy season and it's very tight on top of the tipping ladder.

With Monica Ivers leading the way on 55 and then all tied up is Nancy Wheeler, Tim Crossin and Marg Butler on 54.

There are a number of others not far behind and it's amazing how quickly the lead can change.

We've had a couple of winners so far with prize money going out for correctly tipping every game in the round.

Good luck all and remember to get those tips in on time each week.

Tea Anyone?

High Tea at Woods Point is always popular and the Thursday afternoon prior to Mother's Day was no exception.

There were scones with jam and cream as well as lovely little patty cakes on offer. Tea, coffee or juice were there to quench the thirst. Everyone had a pleasant time with lots of laughter amongst the chatter around the tables.

Our waitress was Emily who was with us for the week of work experience.



Donations



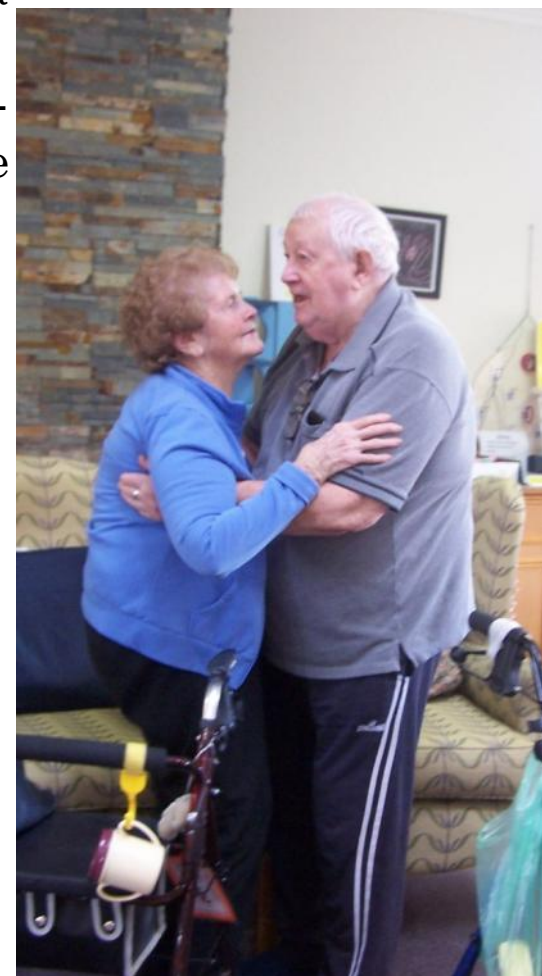
Woods Point was incredibly fortunate to receive some handmade quilts as donations from one of our regular visitors Mary Dowling. Mary made the quilts from left over material pieces and very proudly offered them to our residents for their use as well as one for a raffle prize. So keep you eye out for the upcoming raffle as you could be the lucky winner of a beautiful quilt.

Piano Lady

Barbara our resident piano lady always plays some great tunes on the piano in the main lounge.

Residents were enjoy singing along and tapping their feet but recently Doris and Tim decided they should make the most of the opportunity and have a dance.

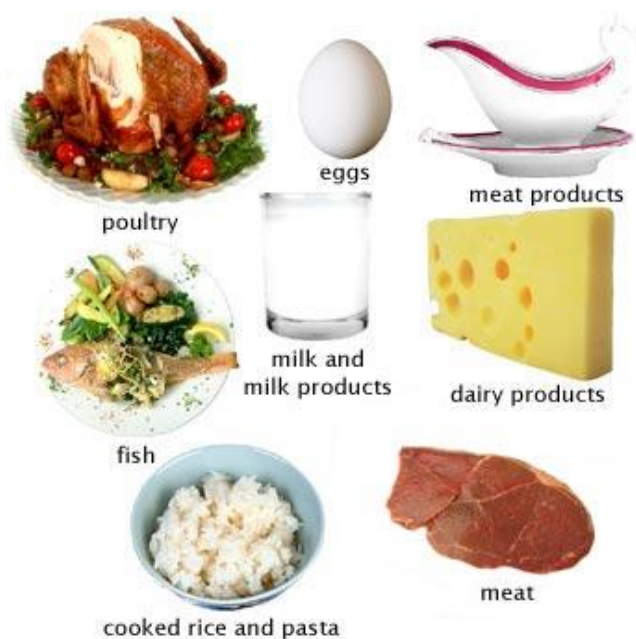
Barb plays every second Wednesday, check your newsletter to see when Barb's next visit will be.



Food safety regulations

Whilst the residential care facility is the resident's home, due to food safety requirements, staff cannot be responsible for food brought in by residents or their relatives.

Foods of *high risk* such as, poultry, seafood, dairy products, meat and small goods



(e.g. sliced ham, roast beef, chicken), 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. 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.

Food of low risk such as; biscuits, unfilled cakes, fruit, lollies are acceptable to be stored and served.



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.

Reciprocating Activities



Sacred Heart
Primary School
Yarrawonga

Reciprocating Activities

An exciting new activity has been added to the program for the last Monday of each month, with some of the residents paying a visit the Sacred Heart Primary School which is conveniently located across the road from Woods Point.

This is to reciprocate the visits the children give us each Friday afternoon during school term.

The first visit was an eye opener for all with a welcome tour of the offices and main buildings.

The classrooms are all open plan with no doors and only partial walls in some rooms.

Residents commented on how things have changed since any of us went to school.

The older classes of Grades 5 and 6 are in the wing where they do have doors and we will learn more about the reason for this as we go along.

Children read to the residents individually and there were also small group discussions explaining to the residents what students are interested in. One of the students demonstrated a laptop to Pat Clarke.

The whole school is very environmentally conscious as

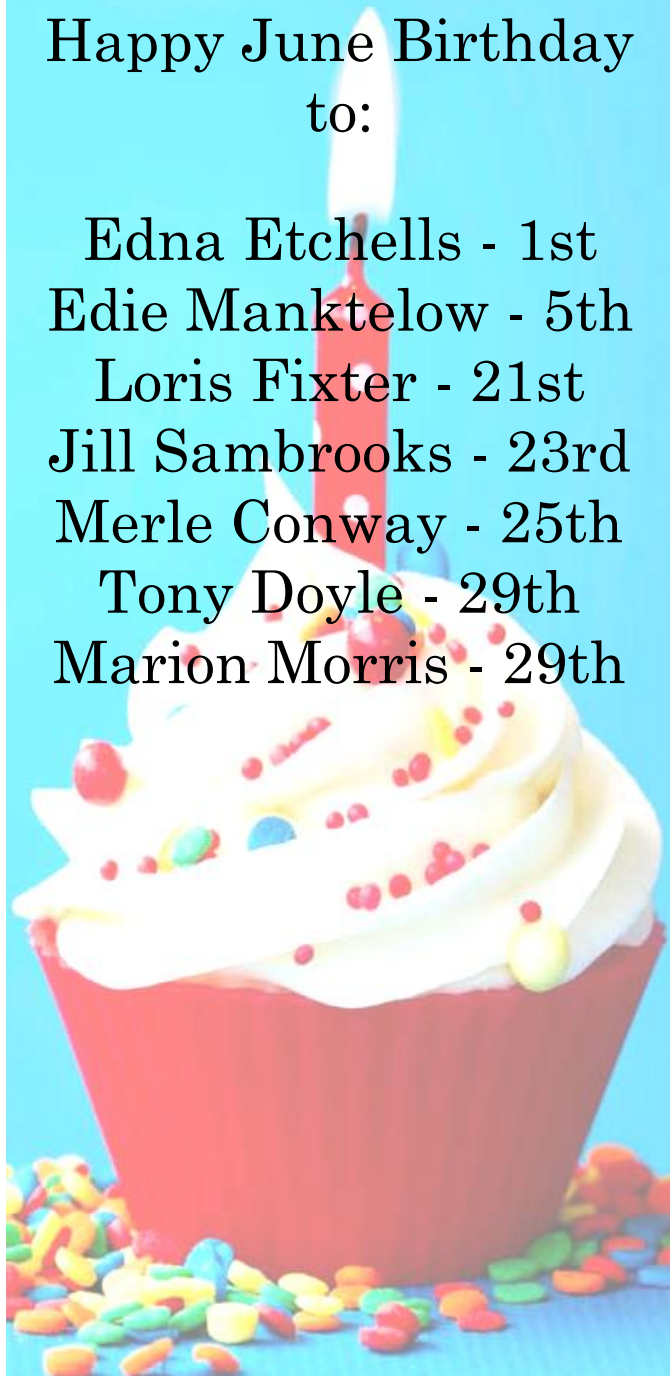
they compost food scraps in addition to feeding them to the 6 chooks they have out the back.

There are also vegetable gardens out the back and they are flourishing as are the weeds there with them. Residents passed on their gardening knowledge to the students and the teachers.

We are looking at learning more about the school curriculum and the modern schooling techniques and technology. If you would like to participate in this activity this month let activity staff know, prior to the next visit on 23rd June.

Happy June Birthday
to:

Edna Etchells - 1st
Edie Manktelow - 5th
Loris Fixter - 21st
Jill Sambrooks - 23rd
Merle Conway - 25th
Tony Doyle - 29th
Marion Morris - 29th



Diabetes Educator

Jan Tregenza has been a registered nurse for over thirty years and in 2005 became a Certified Diabetes Educator.



Jan can often be seen at Woods Point assessing and maintaining appropriate glycaemic control for residents with diabetes. Jan chose to become a diabetes educator when she for-

saw a growing need for this area of expertise in country Victoria.

Jan believes that the best part of her job is helping people to obtain best outcomes and preventing complications associated with this chronic disease.

Jan has commented that it's very hard to watch people throw their lives away by not attempting to make changes and take care of themselves when they have diabetes.

Jan is more than happy to answer residents and staff questions and assist them to maintain control over their diabetes rather than diabetes controlling them.

Winter Quiz

1. How many days are there in Winter in the Southern Hemisphere?
2. What date is the Winter Solstice?



3. Who had a hit song in the late 60s with "Hazy Shade Of Winter"?
4. In which country were the first Winter Olympic Games held in 1924?

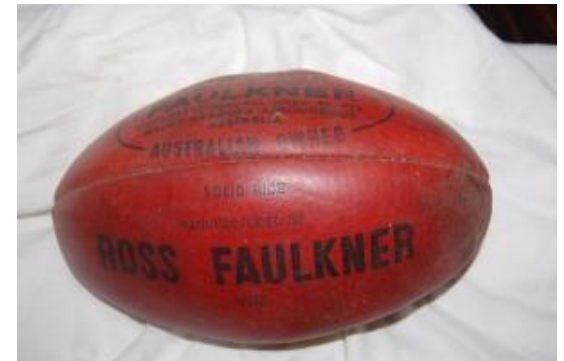
5. After she eats the poison apple the seven dwarfs, believing her to be dead, place Snow White in what?

6. Frosty the Snowman had two eyes made of what?



7. Which mountain is associated with the winter ski resort of Thredbo.
8. The Snowy Mountains Scheme is associated with what?
9. The Adelaide Glaciarium built in 1904 is Australia's first artificial what?

10. The favourite winter sport of Aussie rules was first played in what year?



11. Only two teams, formed in 1859 still play AFL today, can you name them?
A) Melbourne/Geelong
B) Melbourne/Collingwood
C) Collingwood/Geelong
12. How many teams are in the AFL?

Quiz Answers

1. 92 (June 30, July 31, August 31)
2. June 21st
3. Simon and Garfunkel
4. France
5. Glass coffin
6. Coal
7. Mt Kosciuszko
8. Hydroelectricity
9. Ice Rink
10. 1858
11. Melbourne/Geelong
12. 18

In the southern hemisphere, the June solstice is known as the shortest day of the year.

It is when the sun has reached its furthest point from the equator

Quiz Answers

Once again Woods Point was entertained by David Evans playing the piano and singing away to old time favourites.



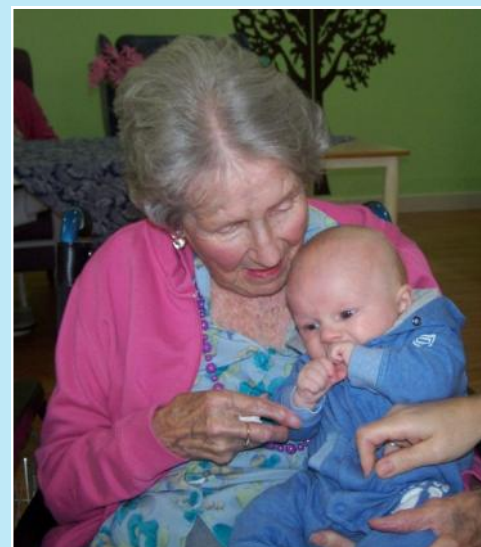
First to hit the dance floor was Kath Johnson (pictured) who was keen to have someone join her.



It wasn't long before John Randall was also up and dancing and it was pleasing to hear Shirley Evans was in fine tune singing along to the music being played by her son.

Everyone loves a baby!

And none more so that our residents who recently got to cuddle and play with Benjamin. Ben is the son of our resident hairdresser, Kylie and she often brings him in for a bit of spoiling by her clients. How beautiful!



Pain Management

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

The expected outcome of 2.8: Pain Management requires that:

All Residents' are as free as possible from pain

The focus of this expected outcome is 'results for Residents'.

♦ Management demonstrates its pain management approach ensures all residents are as free as possible from pain.

♦ Residents/representatives confirm they are satisfied with how their pain is managed.

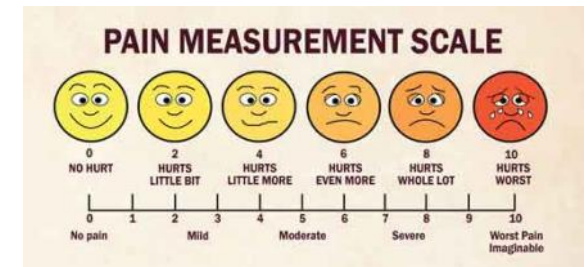


The Australian Pain society released its recommended management strategies for pain in Resident aged care facilities and identified seven key pain management strategies. They are as follows:

1. Identification – failure to identify pain could be

due to cognitive and communicative impairments. The staff use the pain scales to identify pain for Residents with cognitive impairment.

2. Assessment - Correct diagnosis is vital as different types of pain respond to different treatments.



3. Pharmacological treatments – medications should be tailored and dosage carefully considered. May not always be first strategy implemented.

Pain Management

4. **Psychological educational approaches** – Different behavioural therapies can be used to assist with pain management.

5. **Physical therapies** – exercises and TENS machine as may have been used for you by physiotherapist. There are many reasons why activities staff undertake exercises each morning and pain management is one factor considered.



6. **Complementary and alternative medicine therapies** – such as massage, Reflexology, Hotteeze pads

7. **Quality and system issues** – to collect accurate clinical data and development of policies to assist with Resident's pain management.

As you can see from the above strategies there are many factors considered by the Nursing staff when managing your pain. Our staff has attended education sessions to understand and appreciate the impact of pain. The nursing staff understands pain identi-

cation and assessment is crucial to ensure your pain is well managed.

Medication intervention is not always re-



quired in all cases to manage pain and some of the above strategies may be implemented to assist with pain control.

Many aged residents have multiple diagnoses, each potentially causing pain in their own right. This means good, comprehensive assessments are crucial and should take into account medical history subjective perception of pain, mobility levels and ongoing communication.

Pain Management

Woods Point has established pain assessment, management procedures and documentation in place to ensure we provide all Residents a body as free as possible from pain.



If you are not satisfied with how your pain is managed please do not hesitate to contact the Registered Nurse or your local GP to discuss further options.

There is a vast range of pain relief available from medication to massage and exercise, the challenge is to

find what works for each individual person. It is often a case of trial and error until finding what works, but what a difference it can make to the quality of life of Resident when the solution is found.

If you would like to know any information about the pain administered strategies that are in place for you or any other information related to Pain Management please do not hesitate to contact your local GP, Pharmacist or the Registered Nurse.

Marita Seamer
Director of Nursing

May Resident Meeting

- * Kym Matthews addressed the meeting. Menu will be changed over the next couple of weeks and resume “special breakfasts” twice per month, as well as providing a menu with variety and for the majority of preferences.
- * Nebulisers - Please note that anyone using a nebuliser regularly needs to purchase or hire their own machine.
- * Juice is limited to breakfast as many residents were accessing all day and causing upset stomachs. If you would like a juice during the day please ask kitchen staff

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30</p> <p>10.00 Exercises 11.00 Bobs Comp 2.00 Anglican Church 2.00 Scenic Drive</p>		 <p>Edna Etchells - 1st Edie Manktelow - 5th Loris Fixter - 21st Jill Sambrooks - 23rd Merle Conway - 25th Tony Doyle - 29th Marion Morris - 29th</p>				<p>1</p> <p>10.00 Exercises 11.00 Quiz 1.30 Movie 3.00 Birthday</p>
<p>2</p> <p>10.00 Exercises 11.00 Bobs Comp 2.00 Anglican Church 2.00 Café Time</p>	<p>3</p> <p>9.45 Catholic Church 10.15 Carpet Bowls 1.30 Christies Museum 1.30 Movie</p>	<p>4</p> <p>10.00 Exercises 11.00 Bean Bag Throw 1.30 Bingo 1.30 Movie</p>	<p>5</p> <p>10.30 Resident Meeting 11.30 Balloon Tennis 1.30 Friendlies 3.00 Birthday</p>	<p>6</p> <p>9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk 1.30 Meet the kids 3.00 Happy Hour</p>	<p>7</p> <p>10.00 Exercises 11.00 Singalong 1.30 Movie</p>	<p>8</p> <p>10.00 Bobs 11.00 Remember When 1.30 Movie</p>
<p>Queens Birthday 9 Holiday</p> 	<p>10</p> <p>9.45 Catholic Church 10.15 Carpet Bowls 1.30 Movie 2.00 Scenic Drive</p>	<p>11</p> <p>8.00 Special Breaky 10.00 Exercises 10.30 Piano Lady 1.30 Bingo 1.30 Movie</p>	<p>12</p> <p>10.00 Walks 11.00 Bean Bag Throw 12.00 Pub Lunch 1.30 Movie 2.00 Quiz 3.00 Reading</p>	<p>13</p> <p>9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk 1.30 Meet the kids 3.00 Happy Hour</p>	<p>14</p> <p>10.00 Exercises 10.45 Memory Cards 1.30 Movie</p>	<p>15</p> <p>10.00 Exercises 10.45 Scrabble 1.30 Movie</p>
<p>16</p> <p>10.00 Exercises 11.00 Bobs Comp 2.00 Anglican Church 2.15 Scenic Drive</p>	<p>17</p> <p>9.45 Catholic Church 10.15 Carpet Bowls 1.30 Movie 2.00 Scenic Drive</p>	<p>18</p> <p>10.00 Exercises 11.00 Table Ball 1.30 Bingo 1.30 Movie</p>	<p>19</p> <p>10.00 Exercises 11.00 Balloon Tennis 1.30 Movie 2.00 Scenic Drive</p>	<p>20</p> <p>9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk 1.30 Meet the kids 3.00 Happy Hour</p>	<p>21</p> <p>10.00 Exercise 10.45 Quiz 1.30 Movie 3.00 Birthday</p>	<p>22</p> <p>10.00 Walks 10.45 Scrabble 1.30 Movie</p>
<p>23</p> <p>9.45 Visit to School 11.00 Bobs Comp 2.00 Anglican Church 2.15 Scenic Drive 3.00 Birthday</p>	<p>24</p> <p>9.45 Catholic Church 10.00 Exercises 10.30 Carpet Bowls 1.30 Red Shift</p>	<p>25</p> <p>8.00 Special Breaky 10.00 Exercises 10.30 Piano Lady 12.00 Chinese Lunch 2.00 Bingo 3.00 Birthday</p>	<p>26</p> <p>10.00 Exercises 11.00 Bobs Comp 11.00 Uniting Church 1.30 Movie 2.00 Op Shop</p>	<p>27</p> <p>9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk 3.00 Happy Hour</p>	<p>28</p> <p>No Activity Staff</p>	<p>29</p> <p>No Activity Staff 3.00 Birthday</p>