

# What's The Point?

March  
2014

A recent bus trip took Woods Point residents to Rich Glen Olives, located on the Murray Valley Highway 8km west of Yarrawonga.

Upon arrival we were greeted by helpful staff who assisted us to seats under the verandah of the 100 year old homestead and then orders were taken for homemade cakes, punch, cappuccino and tea.

Residents took the time to enjoy the gardens and to learn the history surrounding Rich Glen which is the largest family owned grove in Australia.



## Residents Meetings

Resident and Representatives meetings will now be held every two months.

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

Thursday  
March 6th



Monica Ivers - 6th  
Denise Ryan - 7th  
Lois Wilson - 10th  
Nancy Wheeler - 11th  
Annie Forrester - 16th  
Marg Jones - 17th  
Pat Brown - 25th  
Ivan Boldt - 26th  
Jessie Jolley - 29th  
Phyllis Rodwell - 30th

## Happy 102nd Birthday

It's a special occasion when a resident celebrates a birthday, but even more special when it's your 102nd!



Many residents and staff and some family and friends gathered to help Myrt celebrate her birthday on February 14th.

Myrt is pictured above getting a special birthday hug from her son Ron.

*Tegan's  
Enchanted Beauty  
Waxing*

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

*Please see  
administration staff  
for more information.*



**My Parents taught me.....**

**Stamina**

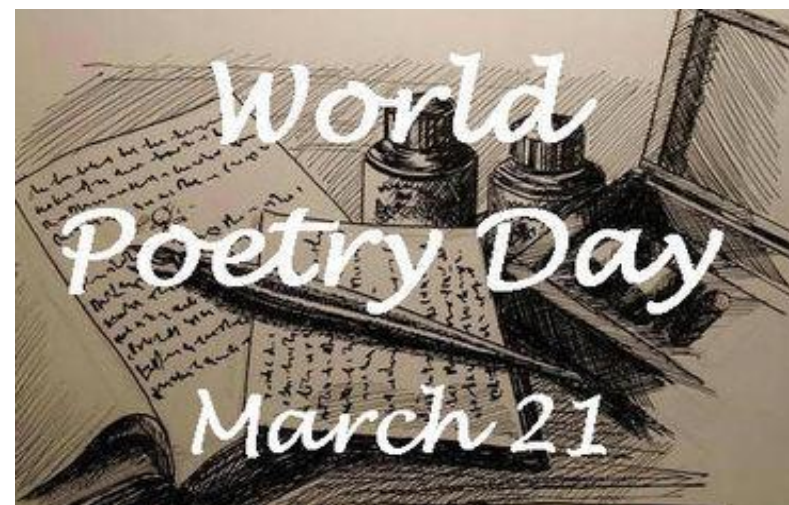
*"You'll sit there until all that  
spinach is gone"*

**Genetics**

*"You're just like your father"*

**Circle of Life**

*"I bought you into this world,  
and I can take you out of it"*



**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**

*Hair Appointments*

*Announcing the arrival of "Benjamin Mark"*

*We advise that Kylie will return to her role as  
hairdresser on Monday 31st March.*

## Healthy Eyes

A regular eye exam is the best way to protect your eyesight – and an easy precaution to take.

Another way to safeguard your vision is through proper eye nutrition.

That means eating the right foods - High-fat diets can also cause deposits that constrict blood flow in the arteries. The eyes are especially sensitive to this, given the small size of the blood vessels that feed them.

Exercise is important because it improves blood circulation, which, in turn, improves oxygen levels to the eyes and the removal of toxins.



Being outdoors on a sunny day feels wonderful – but it can be tough on your eyes. The solution? Wear sunglasses that block harmful ultraviolet (UV) rays.

Also, a hat with a brim will reduce the amount of UV radiation slipping around the side of your sunglasses. Smokers or former smokers may have already caused damage to their eyes.

Smoking exposes your eyes to high levels of oxidative stress.

While the connection has not been clearly identified, it's a fact that smoking increases your risk of developing a variety of conditions that affect eye health.

If your eye is injured, you should *always* get immediate, professional medical attention. It's simply the best way to safeguard your vision.

If you haven't had a recent eye test, please speak with your family and ask them to organise an appointment for you.

Staff can assist if needed.

## Volunteering

At Woods Point Aged Care we are committed to fulfilling the lifestyle and care needs of our residents.

Engaging volunteers to assist us with providing our residents with the best quality of life is both rewarding for the volunteer and the resident. Our volunteers make a positive difference to residents and their commitment and contribution is invaluable.

Our volunteers offer their services in many different ways from assisting with group activities such as arts and crafts, bingo, gardening and outings to one-on-one time spent with residents

having a coffee and a chat or reading the paper.

At Woods Point we understand the busy lives people lead so we are more than flexible with the time volunteers have to offer.

Whether you can pop in for half an hour or spare a couple of hours we appreciate whatever you can offer our residents.

If you have a specific interest or skill you would like to bring to our residents or you want to get involved in some way but not sure how, we are happy just to have you as part of our team.

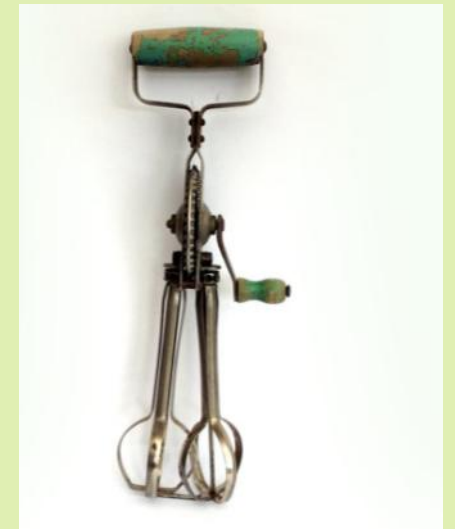
If you would like to find out

More about how to be a Volunteer please speak with administration or activities staff.



**Barb volunteers every second Wednesday, playing the piano for all to enjoy.**

Do you remember?



## History of flatirons

Metal pans filled with hot water were used for smoothing fabrics in China in the 1st century BC. From the 17th century, *sadirons* or *sad irons* (from an old word meaning *solid*) began to be used. They were thick slabs of cast iron, delta-shaped and with a handle, heated in a fire. These were also called flat irons. A later design consisted of an iron box which could be filled with hot coals, which had to be periodically aerated by attaching a bellows.

Another solution was to employ a cluster of solid irons that were heated from a single source: As the iron currently in use cooled down, it could be quickly replaced by a hot one. In the industrialized world, these designs have been superseded by the electric iron, the hot plate, called the *sole plate*, is made of aluminum or stainless steel. The heating element is controlled by a thermostat that switches the current on and off to maintain the selected temperature.

The invention of the electric iron is credited to Henry W. Seeley in 1882. In the same year an iron heated by a carbon arc was introduced in France, but was too dangerous to be successful. The early electric irons had no easy way to control their temperature, and the first thermostatically controlled electric iron appeared in the 1920s. Later, steam was used to iron clothing. Credit for the invention of the steam iron goes to Thomas Sears. The first commercially available electric steam iron was introduced in 1926 by a New York drying and cleaning company, Eldec, but was not a commercial success.

The \$10 Steam-O-Matic of 1938 was the first steam iron to achieve any degree of popularity, and led the way to more widespread use of the electric steam iron during the 1940s and 1950s.

## Lake Walks



It took until the second week of February before we had some reprieve from the constant heat and our programmed lake walks could finally go ahead.

Many residents enjoyed a lovely morning walk along the lake paths, sitting occasionally to feed the birds and some of the comments heard included “It was so nice to be out in the fresh air and to enjoy the antics of the local bird population”.

These walks are now being programmed regularly, any resident wishing to join us please contact the activity staff and keep your eye on the white board for when they are scheduled.



## Opportunity to Improve and Complaints

Management and staff are committed to providing the best care and service to the residents.

To assist us to ensure our systems are working well residents and visitors are encouraged to complete an Improvement Form when they identify an area in which we can improve.



Completed Improvement Forms can be posted to the DON or placed in the suggestion box located in lounge room and Care Station 3

The Director of Nursing is available during office hours if you wish to discuss any concerns.

If residents/representatives would prefer to speak to someone independent of the facility the following services are available.

Brochures about these services are available at front reception.

## *Compliments*

An Improvement form is included in this booklet with further copies at reception and care stations.

Improvement forms can be used for suggestions, compliments or complaints.

### **The Aged Care Complaints Scheme**

Department of Health and Ageing

Toll free: 1800 550 552

Website online complaints form:

[www.health.gov.au/internet/main/publishing.nsf/content/ageing-complaints-form.htm](http://www.health.gov.au/internet/main/publishing.nsf/content/ageing-complaints-form.htm)

### **The Office of the Aged Care Commissioner**

Tollfree: 1800 500 294

Email:

[info@agedcarecommissioner.net.au](mailto:info@agedcarecommissioner.net.au)

### **Aged Care Assessment Team (ACAT)**

Telephone: (03) 58236 000

## World Vision

### Sponsor a Child Initiative

Woods Point participates in World Vision Child Sponsorship and we currently sponsor 4 children, but with resident numbers changing we are looking for new sponsors.

If you are a new resident to Woods Point you maybe interested in being part of the sponsorship program.

Residents can have the donation added to their monthly invoice. As little as \$1 each month is all it takes.

Ask at reception for a pledge form, we can also post them out or email them to you.

### Privacy

From 12 March 2014, the Australian Privacy Principles (APPs) will replace the National Privacy Principles and Information Privacy Principles and will apply to organisations and Australian Government (and Norfolk Island Government) agencies.

A privacy fact sheet provides the text of the 13 APPs from Schedule 1 of the *Privacy Amendment (Enhancing Privacy Protection) Act 2012*, which amends the *Privacy Act 1988*. For the latest versions of these Acts visit the ComLaw website: [www.comlaw.gov.au](http://www.comlaw.gov.au).

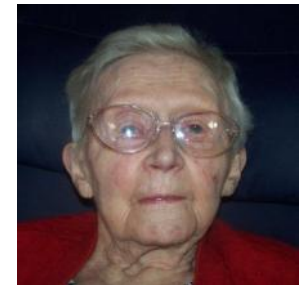


In February residents and staff were saddened by the passing of residents Nancy McDade and Kathleen Merrington.

Deepest sympathies are extended to the McDade and Merrington families at this sad time.



Nancy - 1st

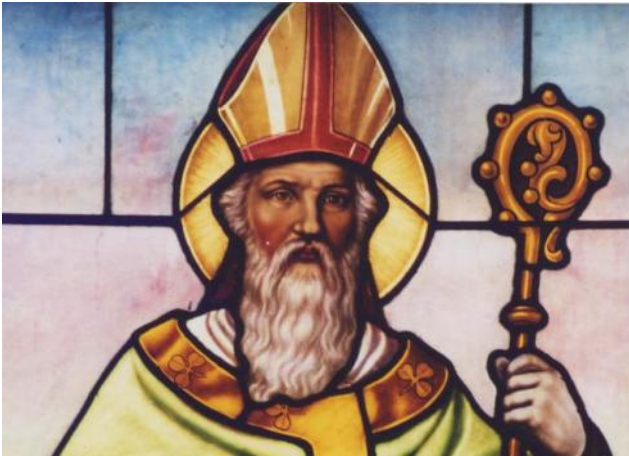


Kathleen - 9th

Reflection books are placed at reception for residents and staff to record messages of sympathy to families when someone passes.

## St Patrick's Day/Irish Quiz

1. What date is St Patrick's day observed?



2. What is significant about this date?

A - His Birthday  
B - Day he died  
C - Day he become a saint  
D - None of the above

3. According to popular legend, St Patrick rid Ireland of \_\_\_\_\_

4. What colour is most popularly worn on this day?

5. What colours are on the Irish flag?

6. True or False? St Patrick was born in Britain.

7. What is Ireland's nickname?

8. If you have the "gift of the gab" then you have been kissing what?

9. What alcohol is included in an Irish Coffee?



10. According to Irish folklore Leprechauns spend all their time busily making \_\_\_\_\_

11. What beer is most popularly drunk on St Patrick's Day.

12. In Ireland, the Great Famine is also known as?

## Quiz Answers

1. March 17th
2. B - Day he died
3. Snakes
4. Green
5. Green, White and Orange
6. True
7. The Emerald Isle.
8. The Blarney Stone
9. Whisky
10. Shoes
11. Guinness
12. Irish Potato Famine

Paddy and Mick found 3 hand grenades and decided to take them to the police. Mick "What if one explodes before we get there?" Paddy: "We'll lie and say we only found two!"

## Mulwala Bakery

Our residents enjoyed an afternoon out to the bakery this month. The day was lovely with no hot sun to spoil it, just good company and tempting cakes to choose from.

Marion (pictured here) was joined by husband Max.

We might all have to do more exercises after enjoying the beautiful cream cakes and ice coffees.

Any resident wishing to join us on our next trip please notify our activity staff.



## School Visits

School has resumed for the year and this means that our weekly visits from the Sacred Heart Primary students have also resumed.

Our first visitors for the years were new preps ages 5/6 year old.

The children entertained the residents



with their iPads, explaining how they use these for school and how they can play games with each other.

Some of the residents had a go at trying the iPads with guidance from the children. One comment was heard “oh what ever happened to pencil and paper?”

The main lounge was filled with laughter and lots of fun during the visit.

## Bowls Competition

This month we have had another very close run with the Bowling Comp.

The ladies were doing very well and it looked like they were going to wipe the board with all three places, but the men eventually came through to take up the minor places.



**The monthly results are:**

**Edie Manktelow - 1<sup>st</sup>**

**Frank Elliott - 2<sup>nd</sup>**

**Ernie Ryan - 3<sup>rd</sup>**

## Sunshine Therapy



During the month of February we had some really hot, hot days where the temperature soared over 40 degrees. However, as soon as the temperatures dropped our high care residents took advantage of the more pleasant mornings by sitting outside in the courtyard to reap the benefits of the sunshine with hats on and drinks at hand.

The benefits from sunshine may include:

Giving you a better night's sleep;

Strengthens bones as vitamin D boosts calcium absorption.

Vitamin D which we acquire from the sun is linked to lower incidents of cataracts and lowered risk of macular degeneration as we age.

Improved circulation may lower blood pressure.

Sunshine also improves mood and may lessen stress. So now that the more temperate weather has arrived be sure to get outside with your hat and drink and get your daily dose of Vitamin D.

## Your role as a Resident in Quality Aged Care:

Just a quick message to let everyone know we had an Accreditation spot audit on 26<sup>th</sup> February 2014 where 2 accreditors came and reviewed our practices.

Once again we passed all elements with

a few minor recommendations made however the final report



will have NO additional information which is used to highlight areas of concern or issues to be followed up.

This is a wonderful achievement that is attributed to all staff for their attention to detail, commitment and work ethic.

The accreditors spoke to over ¼ of the residents and there was not one negative comment made from you which is fantastic and appreciated by all staff that you acknowledge the effort and commitment.

Thank you all again your feedback is greatly appreciated and recognized. Whilst we may not get it right all the time we endeavour to meet your needs in a timely and professional manner.

Many people play an important role in aged care: providers, staff, residents, their friends and families, government departments and regulatory agencies. The best results are achieved

when everyone participates fully.

The purpose of this article is to briefly explain your role and the role of the Aged Care Standards and Accreditation Agency in quality aged care.

**You can help to ensure quality of care by:**

- \* Being informed
- \* Making the aged care home aware of residents' likes and dislikes
- \* Making suggestions for improvements, or
- \* Letting the home know you are happy with the way things are
- \* Participating in meetings, focus groups, interviews and surveys

## Your role as a Resident in Quality Aged Care:



- \* Making it known when you have concerns.

give informal feedback through day-to-day conversations with staff at the home.

If you have problems or complaints, see the information on page 9 of this newsletter

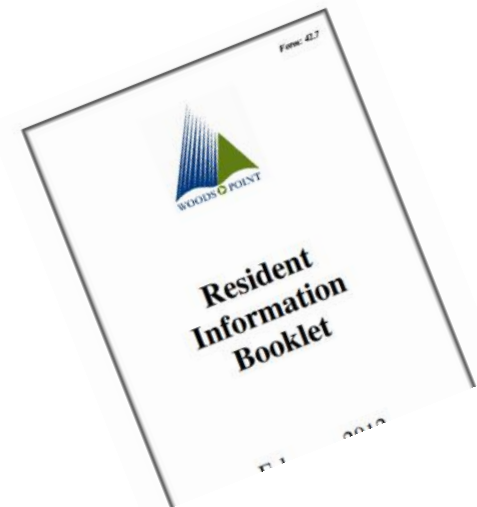
### **What you should expect from residential aged care homes**

Homes regularly assess their own performance against the Accreditation Standards. To do this successfully, they need to hear from you. Whether you are a resident, a friend or relative, participating helps the home to see where it might need to make changes and to know what it is doing well. You may choose to participate in formal consultation, such as surveys, and

### **All residents have the right:**

- \* To be treated with dignity and respect
- \* To be informed about Agency visits and be given the opportunity to talk in private.
- \* To be given choices in your daily living for example, the food you eat and the activities you enjoy.

- \* There is also a Charter of Residents Rights displayed around the facility and in the resident handbook.



***If you have any questions please do not hesitate to contact me at any time.***

***Marita Seamer  
Director of Nursing***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 - 4.00 31 Sunshine Therapy Stories 2.00 Anglican Church Cooking Afternoon Tea	Happy Birthday  Monica Ivers - 6th Denise Ryan - 7th Lois Wilson - 10th Nancy Wheeler - 11th Annie Forrester - 16th Marg Jones - 17th Pat Brown - 25th Ivan Boldt - 26th Jessie Jolley - 29th Phyllis Rodwell - 30th				1 Sunshine Therapy Walks Reminiscing	2 Jigsaw Memory Box
9.30 - 4.00 3 Sunshine Therapy Stories 2.00 Anglican Church Cooking Afternoon Tea	4 9.45 Catholic Mass 9.30 - 4.00 Walk Morning Tea iPad Games 1.30 Cobram Harpms	5 9.30 - 4.00 Exercise Reminiscing Hand Massage Beauty Therapy	6 10.30 Resident Meeting 9.30 - 4.00 Sunshine Therapy Table Ball Jigsaw & Reminisce	7 9.30 Men's Shed 9.30 - 4.00 Sunshine Walks Tactile Therapy / Craft 1.30 Meet the kids 3.00 Happy Hour	8 Movie iPad Games	9 11.30 Songs of Praise Jigsaw Table Ball
Labour Day 10  2.30 Birthday	11 9.45 Catholic Church 9.30 - 4.00 Balloon Exercises Morning Tea iPad Games Movie/Tactile Therapy	12 9.30 - 4.00 Beauty Therapy 11.00 Piano Lady Movie Sunshine Walks	13 9.30 - 4.00 Walks Craft - Painting Tactile Therapy Movie	14 9.30 Men's Shed 9.30 - 4.00 Walks Table Ball 1.30 Boronia Singers 3.00 Happy Hour	15 Massage Movie	16 Beauty Therapy Movie
St Patrick's Day 17 9.30 - 4.00 Sunshine Therapy Reminiscing 2.00 Anglican Church 2.30 Birthday	18 9.45 Catholic Church 9.30 - 4.00 Jigsaws Tactile Therapy Sunshine Walks Massage	19 9.30 - 4.00 Beauty Day Nails Massage Movie	20 9.30 - 4.00 Walks Craft 1.30 Scenic Drive	21 9.30 Men's Shed 9.30 - 4.00 Morning Walks Craft / Beauty 1.30 Meet the kids 3.00 Happy Hour	22 Music in the Courtyard Sunshine Stories	23 Movie Jigsaw
9.30 - 4.00 24 Table Games Walks 2.00 Anglican Church Cooking Afternoon Tea	25 9.45 Catholic Church 10.30 Scenic Drive 1.30 Redshift	26 9.30 - 4.00 Exercise to Music 11.00 Piano Lady Beauty Afternoon 2.30 Birthday	27 9.45 Uniting Church 9.30 - 4.00 Easter Craft Table Games Table Ball	28 9.30 Men's Shed 9.30 - 4.00 Walks / Reminisce Painting / Movie 1.30 Meet the kids 3.00 Happy Hour	29 Memory Box Sunshine Therapy 2.30 Birthday	30 Tactile Therapy Movie Reminisce