

# What's The Point?

May  
2014

Woods Point Aged Care acknowledges that our volunteers are a valuable commodity and without them we would be lost. We are very fortunate to have a lovely group of people who volunteer their time. Whether it be daily, weekly or once a month we all appreciate the kindness

that they show in coming to Woods Point and spending time with us.

Recently we got the chance to formally thank our volunteers by taking them out to lunch.

Our residents were represented by Edna, Pat and Nancy who all work closely with many of the volunteers when they are here.

A big thank you to all of our volunteers!

# Thank you!



## 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

Thursday  
3rd April

## Fundriasing

Woods Point was recently presented with the funds raised by some of our volunteers who work tirelessly with residents to produce goods which are sold weekly at the craft stall.



This fundraising is completely voluntary work and Karen and Jill can often be seen on a Saturday manning the stall selling the various items of craft.

Thank you to all who support the stall as every cent spent is either put back into purchasing materials for making the goods or put towards the annual fundraising payment.

In the last twelve months these hardworking women have raised \$3,000. The fundraisers have nominated a couple of ways to spend the money and we will begin on these projects soon.

# 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.

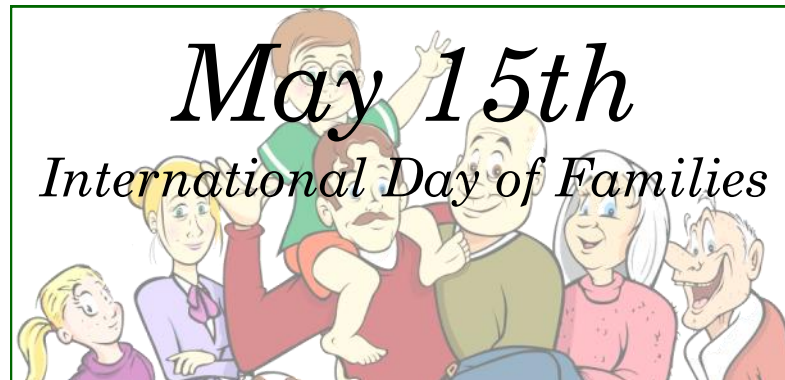
## HAPPY HOUR REMINDER

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**

## May 15th

*International Day of Families*



All residents have the right to  
choose their own pharmacy as  
the supplier of their medica-  
tions, available choices are:

Mulwala Pharmacy  
Pharmasave Yarrawonga  
Terry White Chemist

## Happy Hour

Just prior to Easter the always popular, weekly "Happy Hour" event was livened up somewhat by the presence of our regular performers Red Shift.

The band kept residents entertained with all the favorites, a few bad jokes and lots of laughs. Some of the residents even hit the dance floor during the performance.



## Married Life!

A couple goes out to dinner to celebrate their 50th wedding anniversary.

On the way home, she notices a tear in his eye and asks if he's getting sentimental because they're celebrating 50 wonderful years together.

He replies, "No, I was thinking about the time before we got married. Your father threatened me with a shotgun and said he'd have me thrown in jail for 50 years if I didn't marry you....."

....tomorrow I would've been a free man!"

# Footy Tipping 2014



## It's hot at the top in the 2014 footy tipping competition

Last month we mentioned that Margaret Butler and Ernie Ryan (each with 13 wins) were vying for outright lead after two rounds of the 2014 Residents Footy Tipping Competition.

Well, the lead has changed somewhat since then ...  
... and it's surprising to see after Round 6 (a quarter of the way through the AFL Season) that 4 of our top 5 tipsters are ladies (each of

whom say they know absolutely nothing about footy!)



Our current leader is Monica Ivers on 36 wins.

Monica is closely followed by Margaret Butler, Margaret Collins and Tim Crossin (a self-confessed “footy expert”) each with 35 and Nancy Wheeler on 34.

If you would like to see where you or your loved one sits in the overall pecking order, check out the Footy Tipping Scoreboard hanging on the wall outside the Hairdresser's Room just off the Main Lounge.



Murray Wing residents recently kept themselves entertained with their own musical talents by playing the electric keyboard.

The keyboard was brought in by one of our activities staff and with tunes such as 'Livin la vida loca', 'Somewhere over the rainbow', 'When you wish upon a star' and 'Killing me softly' all programmed in it was a simple matter of turning the keyboard on and watching as the lighted keys guided each person on how to play the tune.

The music carried along the corridors and residents and staff were heard singing along during the performances.



## Easter Bingo!

Once again, staff member (but more often Volunteer) Lorraine out did herself by putting together a large variety of baskets for the Easter Bingo prizes.

Whilst bingo is a weekly occurrence at Woods Point, Lorraine likes to add a bit of extra incentive to players every now and again and the residents seem to make the most of it with



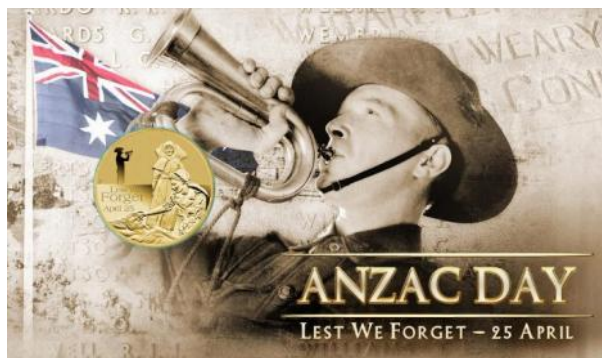
more residents than usual joining in with eyes down! Apart from the lucky winners who are pictured here there were six others who all scored big with chocolate baskets. Congratulations to all and thank you to Lorraine for your efforts with this event.

## ANZAC service

Once again our residents were fortunate enough to have the local RSL run an ANZAC service at Woods Point Aged Care.

The service was held in the main lounge on April 24th with visitors from the local branch of the RSL and Officers from Gaza Ridge Barracks, Bandiana – Albury/Wodonga area.

President Kerry Pendergast assisted John Grant to lay the wreath at the base of the flag pole which concluded the formal part of the service and residents then mixed with the visitors during an afternoon tea to thank them for the time.



# Mothers Day Quiz

1. Does Mother's day fall on the first or second Sunday in May?

2. Actress Goldie Hawn is the mother of which other Hollywood actress?



3. Which actress is Mother to Star Wars' Princess Leia actress Carrie Fisher?

4. Siblings Charles, Anne, Andrew and Edward call which famous woman Mum?

5. What is the traditional flower to buy for mum on Mothers day?

6. What television mum drove a multi-coloured bus?



7. What does England call Mothers Day?

8. Actress Florence Henderson played which famous TV mum?



9. TV Mum June Cleaver was mother to Theodore and Wally in which TV sitcom from America.



10. Born Anjezë Gonxhe Bojaxhiu on the 26th August, 1910 this famous mother never actually gave birth as is more commonly known as?

11. Which came first? Mother's day or Father's day?



## Cushions

Resident Eve works very hard each month to make cushions for the use of all residents and visitors in our main lounge area.

These cushions seem to go missing very quickly and it appears that residents are keeping them for their own use.

We would request that any resident who would like a cushion for their own use can purchase from Eve for \$10 and we will have labeled by the laundry.

All other cushions are to be returned to the main lounge for the use and enjoyment of everyone.



## May Birthdays

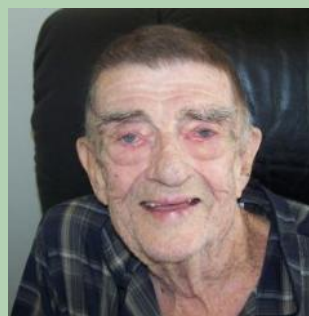
**Frank Elliot 13th**

**Nola Edis 15th**

**Ernie Ryan 17th**

## In Memory

Condolences are extended to the family of Hugh O'Donnell who passed away during April.



## Birthdays

We have recently reviewed how we celebrate our residents birthdays and have decided that we can make these events more personalized and individual for each resident.

Birthday's will now be celebrated with a small cake for the birthday person to enjoy with their family/friends and a general afternoon tea to be shared amongst other residents.

We trust that all will embrace the change and continue to share in the celebratory afternoon teas.

## Answers

1. Second
2. Kate Hudson
3. Debbie Reynolds
4. Queen Elizabeth II
5. Chrysanthemum
6. Shirley Partridge
7. Mothering Sunday
8. Carol Brady
9. Leave it to Beaver
10. Mother Teresa
11. Mother's Day (see below)

The first time Australia celebrated Mother's day was Sunday May 10th, 1908 with the first Father's Day not being celebrated until Sunday September 3rd, 1911.

## Bowls Competition

The scores for the carpet bowls are as follows;

- 1st : Ted Isherwood  
10 points  
2<sup>nd</sup> : Edie Manktelow 8  
points  
3<sup>rd</sup> : Ernie Ryan  
7 points.

Thanks again to Keith and Joanne for facilitating this weekly competition.

The scores are becoming very close with at least 2 separate playoffs this month.

Congratulations to all the winners in each week over the past month.

C'mon, join in and most of all have fun.



Laughter could be the best way of improving memory, a recent study has found. Researchers say older people are more likely to remember something if they have been laughing. Because laughter reduces stress levels and stress can have a negative effect on memory. So go on, have a good laugh!

## Podiatry

Every six weeks Woods Point has Anthony from Aged Foot Care pay us a visit to attend the podiatry needs of our residents.

Anthony travels from Melbourne to provide this valuable service. He enjoys the time spent at Woods Point and most especially the smiles on peoples faces when he visits.

He has been a qualified podiatrist for three years now and originally wanted to be a physiotherapist.

Anthony did work experience as a teenage school student in a physio practice



in Melbourne and wasn't really enjoying the experience, however the practice had a podiatrist attached to it.

The podiatrist took Anthony for a visit to North Melbourne Football Club where they did work on players such as Glen Archer, Drew Petrie and other big names and it was during this time that Anthony decided to become a podiatrist.

When we asked Anthony what the worst part of being a podiatrist was he surprised us with the answer being "sterilizing the instruments" we expected the answer to be "smelly feet".

Next time you see Anthony remember to give him a smile - he loves them!

## Nutrition and Hydration

It is only timely that we discuss the accreditation standard 2.10 Nutrition and Hydration with the recent change to the Catering Manager.

Kym Mathews has taken on the role with enthusiasm and vigor, changing the menu and kitchen routines. The changes have been well received by all residents and one resident commented today that the meals have improved by 95%. More variety, more dessert options, delicious morning



and afternoon tea and even tastier. This has been a great achievement.

**The standard requires that: *Residents receive adequate nourishment and hydration. This is some of the ways we meet this standard at Woods Point***

Each new resident is assessed for dietary requirements as part of the initial assessment process. Assessment includes documentation of weight, food preferences, allergies, special dietary requirements including diabetic diet and texture modifications, cultural/religious needs, appetite

and assistance requirements. Assessment data is supplied to kitchen/administration staff and a dietary list is developed.

A care plan is developed from dietary requirements form and in partnership with resident/representative. The oral intake care plan is reviewed as part of the monthly care review process or when there are observed changes in eating and drinking.

Cultural and religious customs with respect to food are also identified at the time of admission.

⇒ Monthly weights and urinalysis included on Resident Of the Day

## Nutrition and Hydration (cont')

checklist and Health Monitoring chart and significant variances are actioned/reassessed.

⇒ Review of the menu by the Catering Manager is undertaken with input from the Dietitian and Speech Pathologist.



More seasonal menus and options will be offered. Weekly changes occur in consultation with the Dietitian and from resident requests.

⇒ Residents have input into

the menu with the establishment of the Menu Planning committee - conducted quarterly. Membership is 4 resident representatives, Catering Manager, Dietitian, Quality Coordinator. Information is also provided from improvement forms, surveys and resident meetings.

⇒ Residents on a modified diet and those who report or are suspected to be experiencing swallowing difficulty are referred to the Speech Pathologist for assessment. The Speech Pathologist conducts monthly visits

and as referred by Doctor and/or Registered Nurse.

⇒ The Dietitian conducts fortnightly visits and as required visits as referred by Doctor, Registered Nurse and results from the weight loss audit. All diabetic residents are reviewed at least annually by the Dietitian.

⇒ Diabetic resident management is an important consideration in relation to diet and nutrition. An annual cycle of care is attended to including a multi-disciplinary team approach including the

## Nutrition and Hydration (cont')

Diabetic Educator, GP, Dietitian, Registered Nurse and Optometrist.

⇒ Resident food satisfaction surveys are conducted as recommended by Dietitian annually. Residents are also invited to participate in a resident survey conducted annually and the 2013 survey indicated a 96% satisfaction with the meals offered. With the recent changes and positive feedback we are looking at continuing this high satisfaction level.



⇒ Annual training is provided for kitchen and care staff in the use of Dietary requirements and the change of dietary requirements form. This ensures safety is paramount with meals offered.

⇒ Development of placemat for all residents ensuring the dietary needs easily identifiable for staff.

⇒ Quarterly weight / Body Mass Index audit is undertaken and the results are provided to the Dietitian, Registered Nurse and GP. This may result in the resident commencing supplements

to support nutrition and hydration needs.

The home supports residents to maintain adequate and appropriate nutrition and



hydration by providing:

- ⇒ A nutritious and varied menu that has been reviewed by a Dietitian
- ⇒ Supplements and food additives to increase nutritional content as required
- ⇒ A wide variety of colours, textures and types of food.

## Nutrition and Hydration (cont')

- ⇒ A range of menu options for residents with diabetes and those on texture modified diets
- ⇒ Availability of snacks at all times
- ⇒ Opportunity to cook special meals and dine separately with visitors.
- ⇒ Meals that take into account individual preferences, likes and dislikes.
- ⇒ Acknowledging occasions of significance with special menus.
- ⇒ A range of assistive devices
- ⇒ Independent access to water fountain
- ⇒ Additional jellies, fruit crush and icy poles in hot weather or for those with reduced hydration.



We hope you all support Kym and the kitchen staff with these positive changes and if you would like any menu option or make any suggestions please see Kym, kitchen staff or complete an improvement form.

Marita Seamer  
Director of Nursing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>May Birthdays</b> <b>Frank Elliot 13th</b> <b>Nola Edis 15th</b> <b>Ernie Ryan 17th</b>			<b>1</b> <b>10.30 Resident Meeting</b> <b>11.30 Quiz</b> <b>1.30 Friendlies</b> <b>1.30 Movie</b>	<b>2</b> <b>9.30 Men's Shed</b> <b>10.00 Exercises</b> <b>11.00 Word Challenge</b> <b>1.30 Kiosk</b> <b>1.30 Meet the kids</b> <b>3.00 Happy Hour</b>	<b>3</b> <b>10.00 Walks</b> <b>11.00 Bobs Comp</b> <b>1.30 Movie</b>	<b>4</b> <b>10.00 Exercises</b> <b>11.00 Quiz</b> <b>1.30 Movie</b>
<b>5</b> <b>10.00 Lake Walks</b> <b>11.00 Bobs Comp</b> <b>2.00 Anglican Church</b> <b>2.15 Cooking</b> <b>3.00 Afternoon Tea</b>	<b>6</b> <b>9.45 Catholic Church</b> <b>10.00 Exercises</b> <b>10.10 Carpet Bowls</b> <b>1.30 Choc Factory</b> <b>1.30 Movie</b>	<b>7</b> <b>10.00 Lake Walks</b> <b>11.00 Bobs Comp</b> <b>1.30 Bingo</b> <b>1.30 Movie</b>	<b>8</b> <b>10.00 Exercises</b> <b>11.00 Bean Bag Throw</b> <b>1.30 Movie</b> <b>1.30 Table Setting</b> <b>2.30 High Tea</b>	<b>9</b> <b>9.30 Men's Shed</b> <b>10.00 Lake Walks</b> <b>11.00 Word Challenge</b> <b>1.30 Kiosk</b> <b>1.30 Meet the kids</b> <b>3.00 Happy Hour</b>	<b>10</b> <b>10.00 Exercises</b> <b>11.00 Balloon Tennis</b> <b>1.30 Movie</b>	<b>11</b> <b>Mother's Day</b> <b>10.00 Walks</b> <b>11.00 Remember When</b> <b>1.30 Movie</b> 
<b>12</b> <b>10.00 Exercises</b> <b>11.00 Bean Bag Throw</b> <b>2.00 Anglican Church</b> <b>2.00 Scenic Drive</b>	<b>13</b> <b>9.45 Catholic Church</b> <b>10.00 Lake Walks</b> <b>10.30 Carpet Bowls</b> <b>1.30 Movie</b> <b>1.30 Harmoniques</b> <b>3.00 Birthday</b>	<b>14</b> <b>8.00 Special Breaky</b> <b>10.00 Exercises</b> <b>10.30 Piano Lady</b> <b>1.30 Bingo</b> <b>1.30 Movie</b>	<b>15</b> <b>10.00 Lake Walks</b> <b>11.00 Bobs Comp</b> <b>1.30 Movie</b> <b>1.30 Trip to Cobram</b> <b>3.00 Birthday</b>	<b>16</b> <b>9.30 Men's Shed</b> <b>10.00 Exercises</b> <b>11.00 Word Challenge</b> <b>1.30 Kiosk</b> <b>1.30 Meet the kids</b> <b>3.00 Happy Hour</b>	<b>17</b> <b>10.00 Walks</b> <b>11.00 Memory Cards</b> <b>1.30 Movie</b> <b>3.00 Birthday</b>	<b>18</b> <b>10.00 Exercises</b> <b>11.00 Scrabble</b> <b>1.30 Movie</b>
<b>19</b> <b>10.00 Lake Walks</b> <b>11.00 Bobs Comp</b> <b>2.00 Anglican Church</b> <b>2.00 Café Time</b>	<b>20</b> <b>9.45 Catholic Church</b> <b>10.00 Exercises</b> <b>10.30 Carpet Bowls</b> <b>1.30 Red Shift</b>	<b>21</b> <b>10.00 Lake Walks</b> <b>11.00 Bean Bag Throw</b> <b>1.30 Bingo</b> <b>1.30 Movie</b>	<b>22</b> <b>10.00 Exercises</b> <b>11.00 Uniting Church</b> <b>11.00 Balloon Tennis</b> <b>1.30 Joyce Gang</b>	<b>23</b> <b>9.30 Men's Shed</b> <b>10.00 Lake Walks</b> <b>11.00 Word Challenge</b> <b>1.30 Kiosk</b> <b>1.30 Meet the kids</b> <b>3.00 Happy Hour</b>	<b>24</b> <b>10.00 Exercise</b> <b>11.00 Remember When</b> <b>1.30 Movie</b>	<b>25</b> <b>10.00 Walks</b> <b>11.00 Scrabble</b> <b>1.30 Movie</b>
<b>26</b> <b>9.45 Visit to School</b> <b>11.00 Table Ball</b> <b>2.00 Anglican Church</b> <b>2.00 Scenic Drive</b>	<b>27</b> <b>9.45 Catholic Church</b> <b>10.00 Lake Walks</b> <b>10.30 Carpet Bowls</b> <b>1.30 Op Shopping</b>	<b>28</b> <b>8.00 Special Breaky</b> <b>10.00 Exercises</b> <b>10.30 Piano Lady</b> <b>1.30 David Evans</b>	<b>29</b> <b>10.00 Lake Walks</b> <b>11.00 Memory Cards</b> <b>1.30 Movie</b> <b>1.30 Rich Glen</b>	<b>30</b> <b>9.30 Men's Shed</b> <b>10.00 Exercises</b> <b>11.00 Word Challenge</b> <b>1.30 Kiosk</b> <b>1.30 Boronia Singers</b> <b>3.00 Happy Hour</b>	<b>31</b> <b>10.00 Walks</b> <b>11.00 Bobs Comp</b> <b>1.30 Movie</b>	