

What's The Point?

November
2014

Remembrance Day in Australia is dedicated to Australians who died as a result of war, particularly from World War I onwards. A minute of silence is dedicated to the deceased, especially for soldiers who died fighting to protect the nation. Remembrance Day is annually observed on November 11.

Many Australians stop what they are doing at exactly 11am in their local times on November 11 each year to dedicate a minute of silence for those who died in war, especially soldiers from as far back as World War I.



Many people wear artificial poppies on the day and services are held at 11am at war memorials in suburbs and towns across the country, at which the “Last Post” is played by a bugler and a one-minute silence is observed.

Remembrance Day, which was originally called Armistice Day, commemorated the end of the hostilities for the Great War (World War I), the signing of the armistice, which occurred on November

11, 1918 – the 11th hour of the 11th day of the 11th month.

On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead.

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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.



Thursday
November 6th

World Vision Child Sponsorship

We have recently received annual updates from some of our sponsored children, Joseph from Tanzania and Keidy who lives in Guatemala.

It's great to get these regular updates from the children and we have placed them in the folder located in the main lounge for all to read.

We are looking for more sponsors. For as little as .50c or \$1.00 per month you can help to make the difference in the life of a child.

When we first started sponsoring we had enough to sponsor 4 children each month, however as numbers

are dropping we can now only afford to sponsor 3 children.

Residents, family members and staff are all able to contribute and we ask that you speak with Administration staff if you wish to participate.



World Vision

The World Vision logo, featuring a stylized orange starburst graphic above the text "World Vision".

The most popular method is to have the donation added to your resident bill each month however there are other ways to donate and we would be only too happy to discuss them with you.



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!

Tegan's Enchanted Beauty Waxing

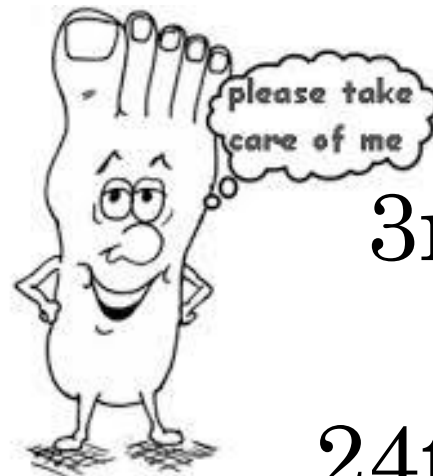
Tegan will be here on Friday November 7th, if you don't already have an appointment please see reception.

Hair Appointments

Mondays,
Wednesdays and
Thursdays

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

Podiatrist Visit November



3rd
&
24th

Wed 26th Nov, 2014 will be...Cake Day.

Cake Day is celebrated all around the world as a mark of respect to one of the most popular types of desserts.

Of course, the best way to celebrate Cake Day is by eating cake with family and friends.



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The year 2008 marked the 90th anniversary of the Australian attack at Villers-Bretonneux. On April 24, 1918, Australian Imperial Force (AIF) soldiers attacked German forces that captured the French town of Villers-Bretonneux earlier that day. The action was successful, but the fighting was fierce, and many lives were lost on both sides.

Red poppies are worn on items of clothing on Remembrance Day to remember those who died during a war. Poppies were among the first plants that came from the battlefields of

northern France and Belgium during World War I. Some people believed the popular myth that poppies were rich in their redness because they blossomed from grounds that were saturated with soldiers' blood.

Woods Point Aged Care will be holding their Remembrance Day services with the assistance of the local RSL members at 2pm on Monday November 10th and we invite family and friends to attend.

We will also have the traditional minutes silence at 11am on Tuesday the 11th.

Thank You!

Thank you to everyone who contributed to the recent fund raising effort for Breast Cancer Network Australia.

A fun day for all when staff and residents dressed in pink and made donations towards the cause.

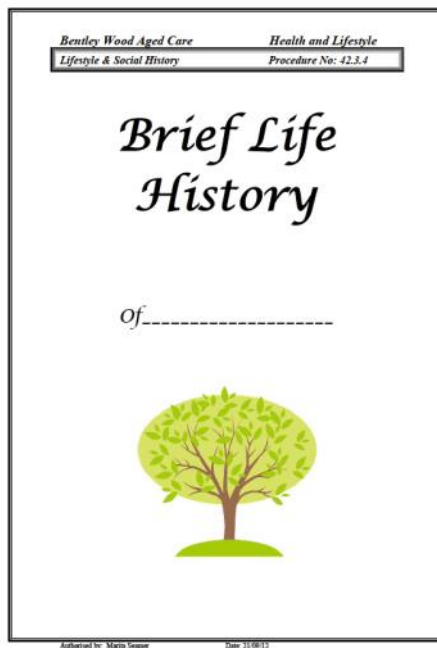
Just over \$2,200 was raised in total from this day, a couple of raffles and other events.



Life History

We would appreciate if families could complete and return life history books as soon as possible so that activities staff can develop a care plan.

If you are unsure about whether your Life History has been handed in please check with Activities Staff.



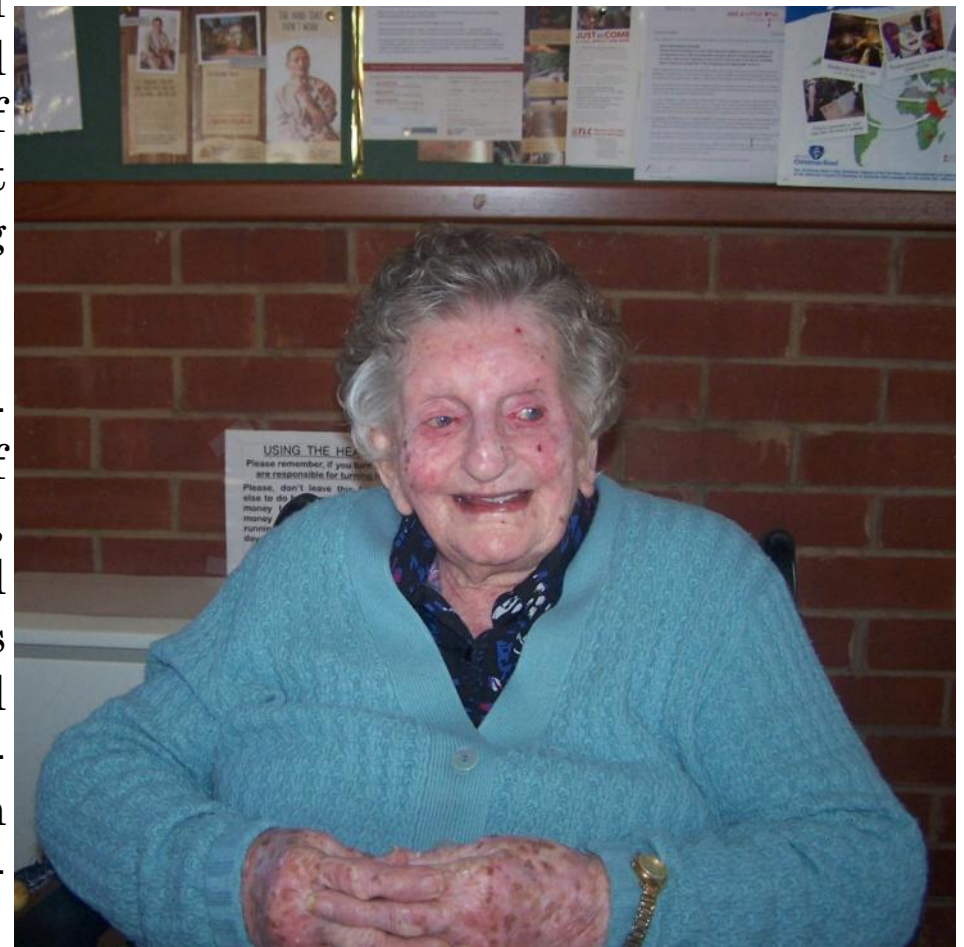
A “Friendly” outing.

Once again our residents enjoyed an afternoon at the monthly Friendlies gathering. Entertainment, provided by members of the Ecumenical Choir was a good selection of songs that most could sing along with.

The lavish afternoon tea of cream cakes, lamingtons and jam drops was devoured quickly. Friendlies is held on the 1st Thurs-

day, please let activity staff know if you wish to attend.

Edna certainly enjoyed the entertainment!



The Big Strawberry



The Big Strawberry is located in Koonoomoo, 9kms west of Cobram on the Murray Valley Highway.

Woods Point residents set off in the bus on a perfect spring day for an afternoon delight of strawberry pancakes with

cream and icecream all washed down with a coffee, tea or strawberry milkshake.

Always a popular outing for our residents this time was no different, the friendly staff treat us like family now and the residents always take some time before coming home to browse in the gift shop .



Time for Fun!

What is it?

The more you take away,
the bigger it gets?

Relation Puzzle?

You come across a man sitting on the shore of a sea. That man is holding a picture in his hands and crying. Concerned, you decide to go and talk with him.

Reaching him, you ask “Whose picture are you holding?”

His reply is “Brothers and sisters, I have none, his father is my father’s son”

Do you know who the person in the picture is?



A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside and said, ‘I don’t like the look of your wife.’ ‘Me neither,’ said the husband. ‘But she’s a great cook and really good with the kids.’

Question

What is famously grown in the Indian town of Darjeeling?

Weird but True!

A twin was born minutes after her brother, but because daylight savings time switched, her birth certificate will show that she was born 26 minutes before her brother.



Time for Fun Answers

What is it? A hole
Relation Puzzle? The person in the picture is that man's son.

Question: Tea!

In Memory

It's been a very sad month for residents and staff at Woods Point with a number of residents passing away.

We were all saddened to say goodbye to Pat Brown, Daisy Plunkett, Don Bowen, Joan Blake, James Beattie and Hella Mrozik.

Our sympathies are extended to their respective families.

Gastro

It's out there in the community. And we want it to stay out there!

A reminder to our visitors that if you have gastro, or have been in contact with someone who has gastro please do not visit until you have been symptom free for 48 hours.

Our residents are more susceptible to these types of bugs and we don't want visitors sharing them with us. Also, avoid taking a resident for an outing if you believe that they may come into contact with someone who has had gastro in the last day or so.

Remember, good hygiene prevents spreading bugs.



WANTED

Size 4 Plastic Knitting Needles.

Do you have some of these needles that you could donate to our facility? Plastic, size 4 no longer than 25cm. Please speak with Lorraine in activities.

Grief and Loss

As recently acknowledged through the reflection ceremony Woods Point has celebrated the long and fulfilling lives of our residents. We extend our condolences to all the families and friends that have lost a loved one.



The staff are also experiencing grief as a result of these losses as they have developed strong relationships with the residents at Woods Point.

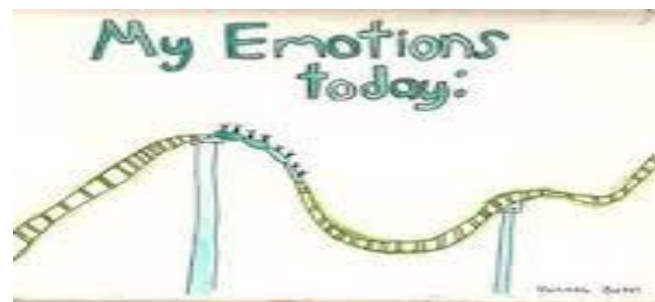
Woods Point staff acknowledges this may be a difficult time for the residents at Woods Point and we want to assure you we are here to provide support and assistance during this time.

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you care about is taken away. You may associate grief with the death of a loved one, but any loss can cause grief.

Grieving is a personal and highly individual experience. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and the nature of the

loss. The grieving process takes time. Healing happens gradually; it can't be forced or hurried – and there is no “normal” timetable for grieving.

It is best not to think of grief as a series of stages. Rather, we might think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning; the lows may be deeper and longer.



Grief and Loss

The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief.

The single most important factor in healing from loss is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss makes the burden of grief easier to carry.

Wherever the support comes from, accept it and do not grieve alone. Connecting to others will help you heal.



We would like to assure you that during the palliative period, residents and representatives wishes, comfort and dignity is maintained at all times and if you have any concerns during this time or would like to discuss further do not hesitate to contact the Registered Nurse in charge. Here are some useful Re-

sources that we can assist you to make contact or you can contact:

'An Unrecognised Grief. Loss and grief issues for carers: A carer's guide'— Phone (03) 9396 9500.

'Guidelines for a Palliative Approach in Residential Aged Care' – May 2004. Available on the Australian Government Department of Health and Ageing website

Lifeline (24hr) phone counselling service: 13 11 14.

Marita Seamer
Director of Nursing

Paradise Queen Cruise

Lake Mulwala was at her best when 15 residents boarded the Paradise Queen for a 2 hour cruise.

Greeting us was the captain Travis and the local bird life with pelicans and swans giving the residents a great show on the lake whilst we were boarding.

It was smooth sailing ahead and a relaxing afternoon was spent enjoying the views of Yarrawonga, Mulwala and Woodlands from the water.



Golf anyone???

Mini golf that is, or putting practise, whichever you prefer. Whatever you chose being out in the sunshine at Woods Point, grabbing a putter and whacking that little white ball around the course is an enjoyable way to spend your time.

Frances Hickey and Ernie Ryan both played well with holes in one. Other residents enjoyed sitting in the fresh air and in the warm sun and cheering on the efforts of the golfers.



Clothing

A reminder that all items of property and clothing need to be labelled to ensure return to correct person. Clothing labels can be purchased by discussing with reception staff.

Unlabelled clothing is taken to care stations for a short period of time to ask care staff for assistance with matching the items to their owners.

Then if owner still unknown – displayed for residents to check. If still unclaimed after 1 month we donate these clothes to charity.

A photograph of a 'Lost Property Form' with fields for Name, Telephone, Address, and Lost Item Details (Name, Colour, Size). There is also a section for 'How your item was lost'.

Please see Laundry staff if you need to lodge a lost property form in regards to any clothing or property items that have been misplaced.



Iris McFadden 2nd
Alice Lindhe 6th
Eve McPherson 12th
Carmen Lyons 13th
Adelaide Mason 16th
Edna Gemmill 17th
Pat Sullivan 19th
Mary Ivers 20th

Sing-a-long at Myrtleford Lodge



The residents who travelled to Myrtleford Lodge recently participated in a sing-a-long whilst there.

They also got to inspect the extension to the building and enjoyed the hospitality of all at The Lodge.



*Woods Point
Resident Christmas Party*

*Thursday December 4th
Starting at 6pm*

*An evening of Entertainment,
Christmas Carols and a visit from Santa.*

Finger Food and refreshments will be available

Cost to Non Residents will be \$15.00 (adults) \$5.00 (children under 12)

*We expect a large number of guests and for catering purposes require your
R.S.V.P. in writing no later than 5pm on 28th November*

Invitations available at Reception!

John Grant Honoured

Woods Point resident John Grant was recently paid the honour of having a new walking/cycling track named after him at Gorman Park, Mulwala.

John, is a former Director of the Alexandra Park Club. The Club is responsible for the bushland reserve, known as Gorman Park, on the Mulwala side of the Murray River.

Recently constructed walking and cycling tracks were named in honour of John Grant and fellow director David Skewes.

Both gentleman spoke at the opening, held onsite on Sunday October 26th, shar-

ing their many fond memories of the park and their



committee involvement. Mr Grant described his dedicated 60 years' service to the committee as "the most interesting activity of his lifetime".

Over recent months, 5kms of walking/cycling tracks and a car park have been created at the park at a cost of around \$160,000 by and with the valued assistance of volunteers.

The Alexandra Park Club, which was established as a group of trustees to manage the area now known as 'The Grove' for the benefit of the local community, purchased the 110 acres of natural riverfront land later named Gorman Park in 1925.

Reflection Ceremony

The Woods Point Aged Care inaugural Reflection Ceremony was held in October.

The event was to remember and recognize those residents who had passed away from 1st December, 2013 to 31st August, 2014.



Invitations were sent to the family members of these residents and a good number were able to make it to the ceremony.

Guest MC was John Burke with readings by our staff Mary Booth, Kerry Flanagan and Marita Seamer.

Vicki May read the names of the residents and a slideshow with their images was played.

John then invited the family and friends to come up and place a leaf with their loved ones names printed or written on the leaf on our "eternitree".



Special thanks to local artist Carole Moule for painting our tree it looked magnificent before the leaves were placed upon it, however the tree came to life

Reflection Ceremony



with the names of loved ones forming the leaves of the tree.

Staff were then invited to add those names of residents whose family members were unable to attend.

Val Loomes spoke on behalf of the residents and their families and thanked Woods Point and staff for all that they do for the residents.

We have included here a reading by Mary:

ODE TO MY DAUGHTER

*You held my hand and I
said “goodbye, I’m going
soon - but please don’t cry.*

Remember all those happy days, the special times, our favourite ways.

As a child when storms would come at night (and you wanted me to hold you tight), we'd snuggle down and cuddle close - it's the simple things I remember most.

*We'd walk out back where
the leaves were knee-deep
and pile them all up in one
great big heap. Oh, what a
bonfire your Dad would then
make, and we'd watch in the
glow with our lemonade and
cake.*

*The years went by and off
you flew, to live your life as*

Reflection Ceremony

you had to do. So many stories you had to share, of where you'd been and what you'd done there.

But the special times were when you came home, and we got to spend precious hours alone. Even standing together at the kitchen sink, with a chat and a laugh was a favourite, I think.

You married, had children, so I became Gran, but I always remained your number one fan. The years passed by, and time marched on, your Dad became ill and then one day - he was gone.

You watched over me as much as you could, but my health declined, as we knew it would. Then once I could no longer live on my own, together we found me a lovely new home.

I have been well looked after, by people who care - I've felt safe and secure and so happy here. Though it never is easy to lose those we love, we pray they're at peace with the good Lord above.

So thank you dear daughter for all that you've done, you know I am really one very proud mum. You have made me feel cherished in so many ways, may the love that we

shared guide you through the dark days.

So deep are the memories and precious they stay for no passing of time will take them away."



Goulburn & Ovens

November 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
November Birthdays <i>Iris McFadden 2nd</i> <i>Alice Lindhe 6th</i> <i>Eve McPherson 12th</i> <i>Carmen Lyons 13th</i>  <i>Adelaide Mason 16th</i> <i>Edna Gemmill 17th</i> <i>Pat Sullivan 19th</i> <i>Mary Ivers 20th</i>					1	2
10.00 Walks 3 10.30 Horse Races Cup Sweep Drawn 2.00 Anglican Church 2.30 Scenic Drive 3.30 Name Game	4 9.45 Catholic Mass 10.15 Carpet Bowls Melbourne Cup Day	5 10.00 Walks 10.30 Piano Lady 1.30 Movie 2.00 Bingo	6 10.30 Resident Meeting 11.00 Hangman 1.30 Ladies Day MOVIE NIGHT	7 9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk/Quiz 2.00 Meet the kids 3.00 Happy Hour	8 10.00 Exercises 11.00 Bobs 1.30 Movie	9 10.00 Walks 11.00 Name Game 1.30 Movie
10 10.00 Exercises 11.00 Bobs 2.00 Remembrance Day Services - RSL 3.00 Remember When	11 9.45 Catholic Church 10.00 Walks 10.30 Two-Up Game 1.30 Cobram Harmon 3.30 Remember When	12 8.00 Special Breaky 10.00 Exercises 11.00 Bobs Comp Visit Myrtleford	13 10.00 Walks 11.00 Golf Putting 1.30 Movie 2.00 Thoona Pub 3.30 Name Game	14 9.30 Men's Shed 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk/Quiz 2.00 Monthly Birthdays 3.00 Happy Hour	15 10.00 Walks 11.00 News and Views 1.30 Movie	16 10.00 Exercises 11.00 Quiz 1.30 Movie
17 10.00 Walks 11.00 Golf Putting 2.00 Anglican Church 2.30 Scenic Drive 3.30 Quiz	18 9.45 Catholic Church 10.15 Carpet Bowls 1.30 Movie 2.00 Fruit Market 3.30 Quiz	19 10.00 Walks 10.30 Piano Lady 1.30 Joyce Gang 3.30 Name Game	20 10.00 Exercises 11.00 News and Views 1.30 Movie 2.00 Rich Glen 3.30 Quiz	21 9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk/Quiz 2.00 Meet the kids 3.00 Happy Hour	22 10.00 Exercises 11.00 Pianola 1.30 Movie	23 10.00 Walks 11.00 Golf Putting 1.30 Movie
24 10.00 Exercises 11.00 Bob's 2.00 Anglican Church 2.30 Cooking 3.30 Hangman	25 9.45 Catholic Church 10.15 Carpet Bowls 1.30 Movie 1.30 Lake Walks 3.00 Quiz	26 8.30 Special Breaky 10.00 Exercises 11.00 Bobs Comp 1.30 Movie 2.00 Bingo	27 10.00 Walks 11.00 Bobs Comp 11.00 Uniting Church 1.30 Movie 2.00 Strawberry Farm	28 9.30 Men's Shed 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk/Quiz 2.00 Meet the kids 3.00 Happy Hour	29 10.00 Walks 11.00 Bobs 1.30 Movie	30 10.00 Exercises 11.00 Scrabble 1.30 Movie