



Resident Reg Crook celebrated his 100th Birthday on September 4th. Reg, together with wife Mary was joined by family, friends and fellow Woods Point residents to help celebrate this special milestone birthday.



Reg received the obligatory card and letter from Queen Elizabeth II and further cards and congratulatory letters from far and wide.

Reg was born to parents Evelyn and Thomas in South Australia and spent his childhood in the coastal town of Wallaroo with his brothers Maxwell, Alva and sister Eunice.

More story and pictures on page 4

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
October 2nd

WiFi

Woods Point Aged Care does not have general access to WiFi.

The WiFi is used solely by our computer technician so that he may keep our computer systems running smoothly.

Staff at Woods Point do not know the password.

The cost of providing free WiFi to the numerous residents, their families and staff would be astronomical. Residents who require internet access on such items as tablets, laptops etc must arrange for their own internet access.

Portico

Dear Visitors,
We wish to advise that some visitors drive too close to the front doors when pulling into the portico area.

Please be mindful that this area is used by many people, most of whom are not agile enough to get out of the way in a hurry, therefore we request that when parking in the portico area that you please keep as far away from the doors as possible to avoid colliding with someone who may be exiting the building.

Your assistance with this matter would be greatly appreciated.

Thank 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

Visits are the 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.

Podiatrist Visit October 13th



October 1st is International Day of Older Persons

**The aim of this day is:
Raising awareness of the impact of an ageing population and the need to ensure people can grow old with dignity.**

Woods Point Aged Care aims to do this each and every day, however lets make sure that we make an extra special effort for October 1st.

Reg Celebrate 100 years (cont)



Reg moved south of Adelaide to Lucindale where he worked a farm. Reg served his country in the Second World War and later came to live in Yarrawonga where he found work as a fitter and turner for Harry Haebich.

Reg met Mary Major and they later married in Corowa.

Mary and Reg did not have children, however they have always had a close relationship with their nephews and

nieces and their extended families.

Reg's most memorable time of his 100 years was when he and wife Mary travelled around the world by cruise ship for 6 months after Reg's retirement. Visiting almost every country possible Reg said "it was the best holiday anyone could have, we just went everywhere". Congratulations Reg on reaching 100 remarkable years.

100



Out of Uniform Day

Staff will be out of uniform on Friday October 10th and we encourage residents to also wear something pink to help support Pink Ribbon Day for

Breast Cancer Research.

A raffle will be held on the day and we look forward to seeing everyone 'in the pink'!



Thoona Pub

We chose a beautiful day for a trip out to Thoona pub with the residents commenting on the paddocks full of yellow canola flowers and the trees covered in pink blossoms along the way.

Once we arrived at Thoona it was not long before we all made ourselves comfortable in the dining room with a glass of lemonade and a sumptuous roast beef lunch.

Our residents could not believe the size of the

meals and were more in awe as the desserts of chocolate mud cake with cream *and* ice-cream was served up to them.

It looks like this place will be one to visit again in future as the residents raved about it for days afterwards.



Meet the Kids



The residents enjoy spending time with the school kids whenever they pay us a visit.

K
i
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Spring Quiz

1. What is the name of the flower festival held in Canberra during Spring?
A) Florian
B) Floriade
C) Floreale
2. Do we turn clocks forward or backward to start daylight savings time?
3. In Yarrawonga, what event is held on the first Saturday of October?
4. Which spring flowering bulb reminds us of Holland?
5. The spice saffron comes from which type of flower?
A) Daffodil
B) Freesia
C) Crocus
6. There are 91 days for Spring in Australia, how many days of Spring does England have?
7. October ends on the same day of the week as which other month every year?
8. Poppy's are famously worn on what date?
9. What is commonly known as "The race that stops a nation"?
10. What sporting event is traditionally held on the second weekend in October?
11. On Friday October 31st you might see ghosts, ghouls and witches. Why is this?
12. The name November means ninth month in Latin. True or False?



Quiz Answers

1. Floriade
2. Forward
3. Yarrawonga Show
4. Tulip
5. Crocus
6. 92
7. February *
8. November 11th
(Remembrance Day)
9. The Melbourne Cup
10. Bathurst 1000
11. It's Halloween
12. True - it was once the
ninth month of the
year.

*Even in a leap year where February has 29 days you will still have the last day of October fall on the same day of the week as the last day of February!

Safe Shoes

A number of residents are wearing inappropriate and unsafe footwear. We have included an excerpt from our Safe Shoe Checklist, ask reception for more information.

Heel - Have a low heel (i.e. less than 2.5 cm) to ensure stability and better pressure distribution on the foot. A straight through sole is also recommended. Have a broad heel with good ground contact.

Sole - Have a cushioned, flexible, non-slip sole. Rubber soles provide better stability and shock absorption than leather soles. However, rubber soles do have the tendency to stick to some surfaces.

Weight - Be lightweight.

Fastenings - Have laces, buckles, elastic or Velcro to hold the shoe securely onto the foot

Purpose - Be appropriate for the activity being undertaken during their use. Sports or walking shoes may be ideal for daily wear. Slippers generally provide poor foot support and may only be appropriate when sitting.



Some of the goings on for September



Kath; foraging for a bargain!



Shirley and Edie; helping out.

Jessie; enjoying the bag pipes.
The piper is part of the Cobram Harmoniques who entertain us on a regular basis.



Inaugural Reflection Ceremony

Friday October 24th at 2pm

*This ceremony will be a time
to reflect on those residents
who have passed away
between
December 1st 2013
and August 31st, 2014*

We welcome your attendance.

Financial Advice

Woods Point encourages residents and prospective residents to seek independent financial advice in regards to all financial aspects pertaining to the costs involved with aged care.

Woods Point does not support or promote any individual however we do advise that many banks now employ Aged Care Specialist who can advise you.

Footy Tipping

AFL Footy
T i p p i n g
W i n n e r
N a n c y
W h e e l e r
and equal
runners-up



John Grant and Monica Ivers were more than happy to receive their winning prize money. Nancy also received a certificate and her name added to the winners plaque .



Residents Jimmy, Reg, Jim and Mona were amongst the many who celebrated their birthdays in September. Two beautiful cakes made by the kitchen were shared at afternoon tea with all the celebrants, their family and friends and fellow residents.



Happy October Birthday
 Albert Reeves 3rd Alma Jeffery 7th
 Ken Stevens 9th Doris Carter 10th
 Bessie Stevens 12th Don Bowen 17th
 Dot Crothers 19th



I Remember The Cheese Of My Childhood...

... and the bread that we cut with a knife. When the children helped with the housework, and the men went to work not the wife.

The cheese never needed an ice chest, and the bread was so crusty and hot. The children were seldom unhappy and the wife was content with her lot.

I remember the milk from the billy, with the yummy cream on the top. Our dinner came hot from the oven, and not from the fridge in the shop.

The kids were a lot more contented, they didn't need money for kicks. Just a

game with our mates in the paddock, and sometimes the Saturday flicks.

I remember the shop on the corner, where a pen'orth of lollies was sold. Do you think I'm a bit too nostalgic, or is it....I'm just getting old?

I remember when the “loo” was the “dunny”, and the boogie man came in the night. It wasn't the least bit funny going out the back with no light.

The interesting items we perused, from the newspapers cut into squares, and hung on a peg in the outhouse, it took little to keep us amused.



The clothes were boiled in

the copper, with plenty of rich foamy suds. But the ironing seemed never ending as Mum pressed everyone's duds.

I remember the slap on my backside, and the taste of soap if I swore. Anorexia and diets weren't heard of and we hadn't much choice what we wore.

Do you think that bruised our ego? Or our initiative was destroyed? We ate what was put on the table and I think our life was better enjoyed.

Code of Conduct - excerpts from the Resident Information Booklet

Each resident of a residential care service has the RESPONSIBILITY:

- to respect the rights and needs of other people within the residential care service, and to respect the needs of the residential care service community as a whole;
- to respect the rights of staff and the proprietor to work in an environment free from harassment;



- to care for his or her own health and well-being, as far as he or she is capable;

Workplace Bullying by Residents or Visitors

As required by Health and Safety and FairWork laws visitors and residents with cognition have a responsibility to take reasonable care as far as is practicable that their actions and or inactions do not negatively impact on their own or other's health and safety. They must also follow reasonable instructions by management.

The expected standards of behaviour that must be followed by staff, managers, residents with cognition and visitors for all activities connected with work including,

outside normal working hours, conferences, social functions, texting, email and using social media:

Courtesy Counts

1. Be polite to each other
2. Treat each other with respect
3. Have tolerance for difference
4. Work together
5. Treat each other honestly and fairly
6. Listen and respond appropriately to others' point of view
7. Work professionally and safely.



Standard 2.5—Specialised Nursing Care Needs

Each month we are profiling some of the expected outcomes of the Accreditation Standards. This month we focus on Expected Outcome: **Specialised Nursing Care Needs.**

This expected outcome requires that:

Residents specialised nursing care needs are identified and met by appropriately qualified nursing staff.

The home ensures that residents' specialised nursing care needs are identified and that assessment, care planning and review are undertaken by appropriately qualified and skilled nursing staff.

- The home is staffed by a

Registered Nurse - 24 hours per day.

- The home accesses the following specialised nursing care consultants:

- Wound consultants
- Palliative care team
- Aged psychiatry assessment service
- Continence care nurses
- Aged care assessment service
- Diabetic Educator

The home currently supports residents with the following specialised nursing care needs:

- Wounds
- Catheters
- PEG tubes
- Dietary supplements



- Diabetes
- Psychiatric illness
- Continence management issues
- Complex care needs

In addition to monitoring strategies specialised nursing care is also supported by the following process:

- Completion of assessments as documented by the Registered Nurse.
- The Registered Nurse documents care plan changes and consults with residents or representatives and specialist consultants in response to changing

Standard 2.5—Specialised Nursing Care Needs

needs.

- The Registered reviews specialised nursing care management of residents.
- The Registered Nurse 1 activates new referrals/reviews as required.



- Weekly medical clinics coordinated by Registered Nurse.
- Enrolled nursing staff have additional competency in enteral tube feeding, stoma care and wound management.
- Residents and representatives provide feedback regarding their satisfaction with the

specialised nursing care provided through surveys and Resident of the Day consultation.

- June 2014 review of ROD reviews by Registered Nurse - 100% compliance.
- Specified care and services for high care residents was audited in 2014 as a component of the business planning audit. Results indicated that residents classified as requiring high level care receive all stock, pressure care equipment, mobility aids, lifting machines, continence items, general medical and pharmaceutical supplies, therapy services and oxygen as required.

- There are many assessments, referrals and consultations held by the Registered Nurse with many specialists. This information is included when decisions about care and treatment options are being considered. You will be made aware of these consultations and options however if you would like further information please speak to the Registered Nurse.



Assessments

Marita Seamer
Director of Nursing

Goulburn & Ovens

October 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
		8.30 Special Breaky 10.00 Walks 11.00 Bobs 1.30 Movie 2.00 Bingo	10.30 Resident Meeting 11.30 Short Stories 1.00 Friendlies 1.30 Movie 3.30 Hangman	9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk/Quiz 1.30 Movie 3.00 Happy Hour	10.00 Exercises 11.00 Bobs Comp 1.30 Movie	10.00 Walks 10.45 Name Game 1.30 Movie
10.00 Exercises 11.00 Bobs Comp 12.00 Deck One Seniors Luncheon 3.30 Name Game	9.45 Catholic Mass 10.15 Carpet Bowls 1.30 Movie 2.30 Fish & Chips on the lake 3.30 Remember When	10.00 Exercises 10.30 Piano Lady 12.00 BBQ Lunch 1.30 Movie 2.00 Bingo	10.00 Walks 10.30 Golf Putting 1.30 Movie 2.00 Paradise Queen 3.30 Hangman	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	10.00 Walks 11.00 Golf Putting 1.30 Movie	10.00 Exercises 11.00 Scrabble 1.30 Movie
10.00 Walks 11.00 Name Game 2.00 Anglican Church 2.30 Cooking 4.00 Quiz	9.45 Catholic Church 10.15 Carpet Bowls 1.30 Movie 2.00 Lake Walks 3.30 Remember When	10.00 Walks 10.30 Golf Putting 1.30 David Evans 3.00 Monthly Birthday 	10.00 Exercises 1.00 Remember When 1.30 Movie 2.00 Strawberry Farm 3.30 Short Stories	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	10.00 Exercises 11.00 Hangman 1.30 Movie	10.00 Walks 11.00 Remember When 1.30 Movie
10.00 Exercises 11.00 Hangman 2.00 Anglican Church 2.30 Mulwala Bakery 3.45 Quiz	9.45 Catholic Church 10.15 Carpet Bowls 10.30 Myrtleford Visit 3.45 Remember When	10.00 Exercises 10.30 Piano Lady 1.30 Movie 2.00 Bingo	10.00 Walks 11.00 Beanbag Throw 11.00 Uniting Church 1.30 Redshift	9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk/Quiz 2.00 Reflection C'mony 3.00 Happy Hour	10.00 Walks 11.00 Pianola 1.30 Movie	10.00 Exercises 11.00 Name Game 1.30 Movie
10.00 Walks 11.00 Golf Putting 2.00 Anglican Church 2.30 Cooking 4.00 Quiz	9.45 Catholic Church 10.15 Carpet Bowls 1.30 Cobram Harmon 3.30 Name Game	10.00 Walks 10.30 Golf Putting 1.30 Movie 2.00 Bingo	10.00 Exercises 11.00 Bobs Comp 1.00 Friendlies 1.30 Movie 3.30 Quiz	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	October Birthdays Albert Reeves 3rd Alma Jeffery 7th Ken Stevens 9th  Doris Carter 10th Bessie Stevens 12th Don Bowen 17th Dot Crothers 19th	