

# What's The Point?

September  
2014

Rich Glen Olive Farm and Cafe is located just 15 minutes drive from Woods Point and has been a popular destination for afternoon teas in the past, however this month we decided to try Rich Glen for lunch.

Soup of the day was a popular choice for our residents and it came served with hot crusty bread.



Undoubtedly the residents had schemed to not over indulge so that they could all follow up with coffee and a delicious piece of cake for dessert.

Thankfully, mother nature had provided us plenty of sunshine in which we could sit and enjoy the gardens and surrounds whilst we let our lunch settle.

## 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  
September 4th

## Footy Tipping 2014

Congratulations NANCY WHEELER. Nancy has taken out 1st Prize in this year's Footy Tipping Comp with 140 winners. Nancy led the field from midway through the season, hotly pursued by MONICA IVERS almost all the way. Monica finished with 137 wins as did JOHN GRANT. John was 8<sup>th</sup> at the half way mark and looked to be out of the running, but his late run brought him into contention. John has been a regular placegetter over the past four years – we might have to consider handicapping John next year, to give everyone else a sporting chance.

## Seniors Card Program

The Seniors Card Program acknowledges and thanks seniors for the contributions they have made to their communities and the State of Victoria.

Residents and eligible staff may benefit from being a Seniors Card holder and are encouraged to apply. Often with the move to residential aged care residents who maybe existing card holders may not have updated their contact details e.g. Current address and therefore no longer receive information.

For more information speak with administration staff.



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!



**FOR SALE**



**\$800 (ONO)**  
**PH. 0429 950 122**

Podiatrist  
Visit  
September  
1st and 2nd



*Tegan's Enchanted Beauty  
Waxing*

*Visits are 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.

# *In Memory*

Woods Point Residents and Staff extend their deepest condolences to the families of William Day and George Mason who both passed away during August.

George is survived by his wife Adelaide who is a resident with us at Woods Point and we offer her our support during this sad time.



## Physiotherapist

This month we feature our Physiotherapist Lyndon Hart and ask him a few questions. Lyndon's has been a physiotherapist for 14 years and he sees his role at Woods point as providing physiotherapy assessment to all residents once a year looking at range of movement and strength, balance posture and mobility.



Lyndon originally chose the profession to assist clients with recovery from injury and to see them resume those activities which they enjoy, he is however very much enjoying his participation in aiding our residents to keep up their mobility levels.

The variety of conditions which Lyndon sees coming into his clinic often makes the role of physiotherapy most enjoyable, however it's disappointing for Lyndon when clients do not complete their home program thereby undoing all the good work that he puts in with them.

## September Birthdays

Ted Isherwood 1st

Marg Butler 2nd

Frank Preston 3rd

Jim Sanderson 4th

Reg Crook 4th

Daisy Plunkett 14th

Norma Woods 14th

Lillias Keenan 15th

Mona Atkin 15th

Shirley Martin 19th

Vera Needham 21st



## 100th Birthday

Resident Reg Crook will be celebrating his 100th Birthday on Thursday September 4th.

Woods Point will mark the occasion with a special afternoon in his honour.

We encourage all residents to attend Afternoon Tea in the Main Lounge on this day to help Reg celebrate this milestone event.



## Redshift

Residents were again entertained in August by Redshift playing their old time favourite songs and a few quirky little numbers thrown in for fun.

The tunes have the residents clapping their hands, tapping their feet and some of the more eager ones get up and have a dance which is wonderful to see.





## August Birthdays



With residents now holding one big birthday celebration on the 15th of each month to recognise all of the birthdays for the month it was only a small affair for August with Merv, Marlene and Kath all joining in for the event and many other residents gathering to wish them all their best for their birthdays.

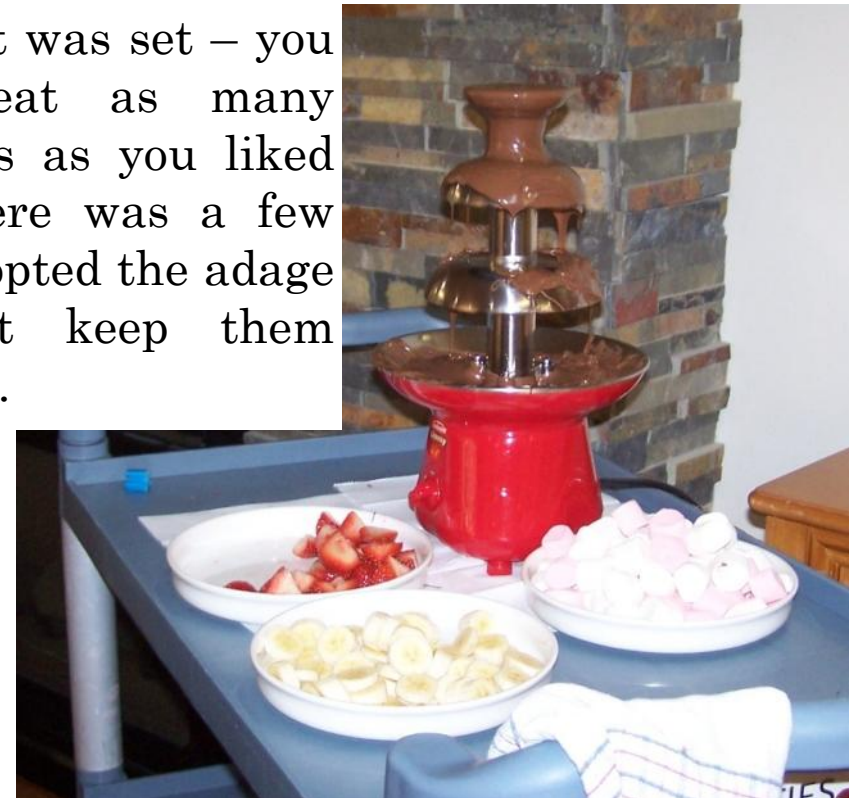
September will be a much bigger event with 11 residents celebrating. Please come along on Monday September 15th to the main dining room sing “Happy Birthday” and then join in the celebrations with afternoon tea.

## Chocolate & Marshmallows

July 31st was the last day of our comfort month, so what better way to end it than to have a Chocolate Fountain to enjoy.

There was white and pink marshmallows, sliced bananas and strawberry's to choose from although most of the residents did not have any problems with requesting a plate with the lot.

No limit was set – you could eat as many platefuls as you liked and there was a few who adopted the adage of “just keep them coming”.



# Aussie Rules Football Quiz

1. Who is known as “Mr Football”?



2. What is the name of the medal given to the player who is voted ‘best and fairest’ in the season?
3. How many Grand Final draws have there been in the history of the VFL/AFL?
- A) Two
  - B) Three
  - C) Four
4. Which club has played in two of the drawn games?

5. These opening lines “It’s a grand old flag, it’s a high flying flag” belong to which club theme song?

6. Which club song was written to the tune of “Yankee Doodle Dandy”?

7. Who does this emblem belong to?
- A) West Coast Eagles
  - B) Adelaide Crows
  - C) Greater Western Sydney



8. “Windy Hill” was known as which club’s home ground until 1991?

9. Essendon and which other team have one the post premierships with 16 a piece?

10. Which club has played in 43 grand finals and lost 26 times?

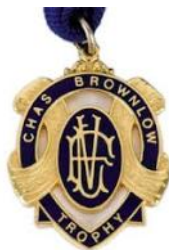
11. Which club has lost every grand final match they have played in?
- A) Fremantle
  - B) Port Adelaide
  - C) Western Bulldogs

12. The Coleman Medal is awarded for what achievement?
- A) Best player in Grand-final?
  - B) Most goals in season?

## Quiz Answers

1. EJ Whitten
2. The Brownlow Medal
3. 3 - 1948, 1977 & 2010
4. Collingwood
5. Melbourne
6. Hawthorn
7. Adelaide Crows
8. Essendon
9. Carlton
10. Collingwood
11. Fremantle (they've only played in 1 in 2013)
12. Most goals in season.

The Brownlow Medal is actually engraved with the words Chas Brownlow Trophy



## Mulwala Bakery

A popular outing for the residents is a trip to the Mulwala Bakery. The staff are always welcoming to our residents and quick to help them decide which yummy sweet to include with their coffee's or hot chocolates.

The many outings on offer appear in each months program and include trips to the bakery, fruit market and other various locations. Or even just a scenic drive with a McDonalds soft serve cone along the way.

If you are interested in participating in the next outing please speak with a staff member from activities and have your name written on the list. Or if you have an idea for an outing please let us know so that we can look to include it in future.





## Spring Health Tips

Most people, especially the elderly, tend to slow down during winter, so spring, when nature is waking up again, is the perfect time to get moving again. However, most experts agree that being active all year round is the key to good health.

Two crucial factors for health in seniors are having a good diet and getting some exercise.

Our catering staff ensure that you get the healthy diet that you require and the activities staff offer exercises on a daily basis, but a simple walk is sometimes all it takes. The cardiovascular system will benefit and walks will also provide

the necessary flexibility.

At an older age, every little bit counts.

Some caution is advised for seniors - shoes should have rubber soles to prevent falling down on slippery grounds, wear a hat and sunscreen should be used if exercising outdoors on a sunny day and drinking plenty of fluids is necessary to restore the fluids lost due to heat and sweating.

When walking outside during spring be aware that Woods Point Aged Care has a number of large trees on the outskirts of the facility which often house magpie

nests. During nesting season these birds have been known to swoop and we recommend great care at this time.



We encourage residents to make the most of our outdoor areas such as the courtyard for golf putting, or some relaxing in the warm spring sunshine.

Potter about in the veggie garden or take the newspaper outside to one of the many seats scattered about and read in the sun.

Be mindful however of the cars that come and go and all times of the day.



Stay tuned for the  
**RETUNE**

## Australia is retuning



After channels have changed, you'll need to retune your digital TV, set-top box or digital TV recorder on **SEPTEMBER 4** to find the channels that have moved.  
**AFTER 3PM**

Want more information?



[www.digitalready.gov.au/retune](http://www.digitalready.gov.au/retune)



1800 20 10 13

\*Different areas will need to retune on different dates. Visit [www.digitalready.gov.au/retune](http://www.digitalready.gov.au/retune) for more information.

## Digital Retune

As the final step in Australia's digital-only TV, free-to-air channels WIN, Prime7 and Southern Cross Ten in the Goulburn Valley will change frequencies on 4 September.

After the channels have moved, viewers will need to retune their digital TV, set-top box or digital TV recorder.

We encourage as many family members and friends as are available to assist residents with this retune, however staff will be able to help when time permits.

We have been advised that "There may be some unavoidable temporary outages to all TV channels in the days leading up to, on the day of, and the day or two after the retune date. These outages are necessary because of engineering work being undertaken at the TV transmission tower. Any outages are unlikely to last longer than a few hours. Viewers should wait until after 3:00pm on 4 September before attempting to retune their digital television equipment."



ELF Reading - as part of Book Week; Woods Point Residents participated in the ELF Reading program, where we had kiddies from the nearby kindergarten come in (dressed in their favourite book characters) and listen to some stories which were read to them.



also lucky enough to be entertained with renditions of some of the children's best known songs.

The residents enjoyed the interaction with the students and were





## Standard 4.6 – Fire, security and emergencies

This expected outcome requires that:

*Management and staff are actively working to provide an environment and safe systems of work that minimise fire, security and emergency risks.*

*This is some of the ways we actively seek to comply with this standard:*

Emergency management includes identifying potential internal and external emergency risks, prevention strategies, emergency preparedness, emergency response, business continuity and recovery response. The overall objective of emergency management is to minimise injury to staff, residents, and visitors and damage to property during an emergency event.

Facility emergency planning occurs in conjunction with other agencies and where appropriate is aligned with the local, State/Territory and national plans.

Emergency Management Plans for specific emergency events are developed with key

stakeholder input, evaluated for effectiveness and annually reviewed for ongoing relevance.

These plans incorporate fire detecting and acting upon a fire risk, breaches of security and other emergencies.

Woods Point fire alarm system is designed to detect heat or smoke and provide an automatic notification of a fire and its location. The fire detectors are wired to the fire indicator panel and fire bell.

Once a detector is activated:

- its location is shown on the fire indicator panel
- the fire bell commences to ring continuously
- a signal is sent automatically to the fire brigade and
- the emergency warning system is started in the ALERT mode. The system provides a loud signal throughout the building to warn staff of a fire.



## Fire, security and emergencies

- As each sprinkler is activated independently when the designated temperature is reached the number of sprinklers that become operational is limited to those close to the fire.

Monthly fire panel testing and fire detection system is conducted by an accredited external contractor.

The entire facility is compartmentalized to reduce the need for external evacuation. This will be at the direction of the staff member in charge.

Regular checks by an external contractor of the smoke doors and fire detectors are completed as well as the sound system for emergency procedures, sprinkler system and fire hydrant mains.

Emergency Procedure action plan is distributed around facility – at all phone points.

All facility and resident's electrical equipment must be tagged and tested every 2 years so can you please advise maintenance

or reception if you bring in new electrical equipment.



Fire and emergencies training scheduled regularly to ensure all staff attends an annual update.

Staff are trained to remember **R-A-C-E** when responding to a fire emergency:  
**Rescue** – remove anyone from immediate danger, if safe to do so, stay low and do not block corridors or exits

**Alarm** – break fire alarm glass and ring 000 and ask for the Fire Brigade, notify staff in the area

**Contain** – close windows and doors behind you, if safe to do so

**Extinguish** – attempt to extinguish the fire if trained and it is safe to do so. Prepare to Evacuate.

Resident evacuation lists are maintained with photographs of residents and mobility status.

## Fire, security and emergencies

This is utilized in the event of an emergency evacuation.



Regular inspection checklists are conducted for every area. A summary of the inspection checklist is tabled at staff and OH&S committee meeting. The inspection checklists identify potential and actual hazards related to the physical environment. Inspection checklist involves checking of all emergency exits to ensure free from obstruction.

All emergencies that occur are reviewed with actions implemented to prevent further occurrences.

Marita Seamer  
Director of Nursing

## MURRAY VALLEY ORCHID CLUB INC.

Reg. No. A004 58 92N

### ORCHID SHOW



Yarrawonga Table Tennis Pavilion  
Yarrawonga Showgrounds

8.30 am—4.00pm  
8.00 am—4.00pm

Sat. 20th Sept. 2014  
Sun. 21st Sept. 2014

Locally grown orchids, potting bark & other requisites for sale.  
Potting demonstrations @ Sat: 10.00 am, 12 noon, 2.00 pm.  
Sun: 8.00 am, 10.00 am, 1.00 pm.

FREE SAMPLE BAGS WILL BE GIVEN TO THE FIRST 50 PEOPLE  
WHO HAVE PAID AT THE DOOR, AFTER 1PM ON SATURDAY &  
SUNDAY. (1 PER FAMILY)

Entry \$3.00

Norm Gardner, President	03 5872 2790	m. 0407 099 395
Mary Cooper, Secretary	03 5744 2067	



## Entertainment

**David Evans** hops on a early train from Southern Cross to visit his mum at Woods Point. While David is visiting he also entertains the residents by playing the piano and his accordion for all to enjoy.

Songs played include Bye Bye Blackbird, Rambling Rose and many more classics.

It's a great chance for all the residents to join in the sing-a-long and generally not many of them kept quiet.



**The Joyce Gang** once again entertained Woods Point residents with their renditions of old time songs. Residents were seated early to ensure the best seats before the show started.

Tambourines were handed out to some to help keep the beat to the songs being played.

Loud singing and toe tapping could be heard throughout the concert.



## Fun for All

Residents had finished their exercises and were enjoying their morning tea before the start of a game of Bobs. The plan went right out the window when Fletcher and his mum arrived they had come to visit Alice, who is a great

friend of Fletcher's grandmother Sue.

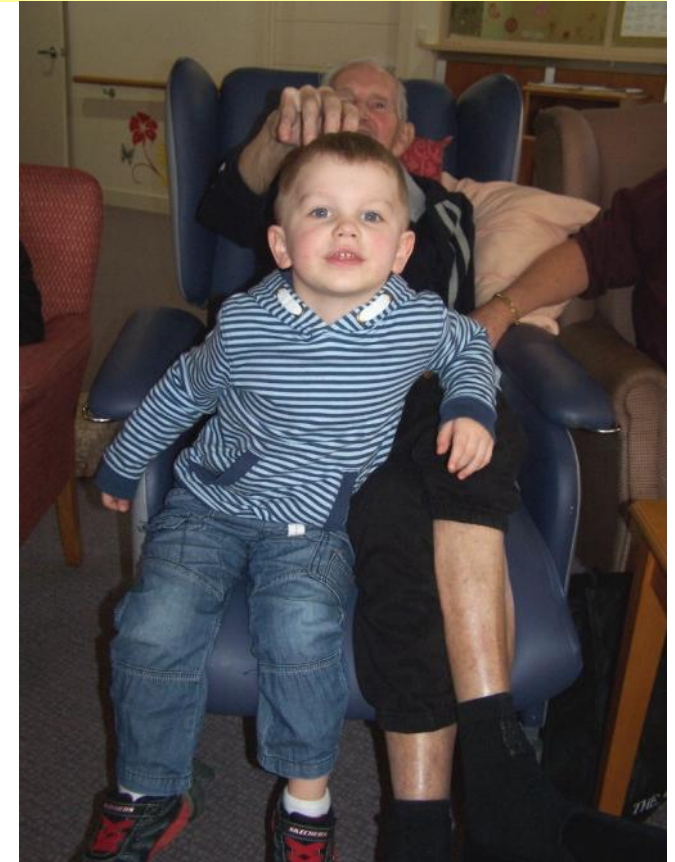
Fletcher was so full of life and happiness that it was hard for anyone not to notice him.

Our residents were delighted with this charming little man

— all of three years old and engaging with one and all.

We witnessed the latest dance moves and the fun of being part of Fletcher's wonderful imagination. During his visit

Fletcher managed to include



nearly every resident in his fun, it was a wonderful morning's entertainment. When it was time to go Fletcher waved good bye and promised he would return another day.

