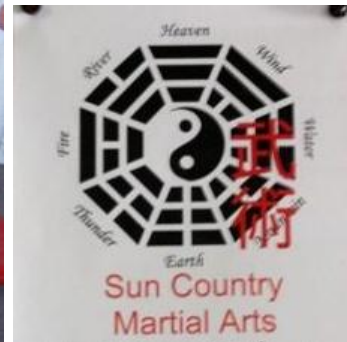


# What's The Point?

August  
2015

Woods Point residents were treated to a display by the students at Sun Country Martial Arts - Health and Defence Studio during the recent school holiday period.

These students were keen to show off their discipline and skills. Sensei (teacher) Darren is the grandson of resident Marj Wales.



## Tegan's Enchanted Beauty Waxing

Tegan's next visit will be  
Friday 21st August

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.

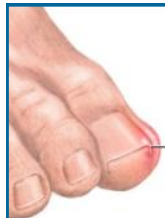
Resident and Representatives meetings are held monthly.

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 August



Ingrown toenail

Podiatrist Visit August  
3rd and 24th

*"Happy Hour" is now  
back to being hosted  
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!*



## Pet Therapy



Heather Miles had a family visit with her son and grand children and her dog called Misty. Heather was so relaxed and happy to see everyone.

With all the excitement Misty just needed time out and what better way than snoozing on Heather's lap.

Woods Point encourages family to bring pets in for visits. Research has revealed many benefits to pet visits; some of which may include:

- Improved communication and reminiscence
- Many people may 'brighten up' and 'chat' when a pet visits.
- Decreased blood pressure and stress

We suggest that any pet's brought into the facility are:

- Well socialised, as they will be meeting new people all the time.
- Have basic obedience skills.

It's important that any pets that visit Woods Point are on leads or restrained in some manner as we cannot risk an animal darting off and tripping over one of our residents, staff members, volunteers or visitors.

# Antibiotic's are losing their power

## What is antibiotic resistance?



Antibiotic resistance happens when bacteria change to protect themselves from an antibiotic. They are then no longer sensitive to that antibiotic. When this happens, antibiotics that previously would have killed the bacteria, or stopped them from multiplying, no longer work.

## What are 'superbugs'?

'Superbugs' are bacteria that are resistant to several different antibiotics. The methicillin resistant *Staphylococcus aureus* (MRSA) bacteria commonly found in hospitals, and the

bacteria that cause tuberculosis (*Mycobacterium tuberculosis*), are now very hard to treat because of antibiotic resistance.



Strains of *Escherichia coli* (*E. coli*) — the bacteria that causes many urinary tract infections — have also developed resistance to a number of antibiotics.

## How does antibiotic resistance affect me?

Using antibiotics when you don't need them may mean

that they won't work for you when you do need them in the future.

If you have an antibiotic-resistant bacterial infection:

- ▽ you will have the infection for longer
- ▽ you may be more likely to have complications of the infection
- ▽ you could remain infectious for longer, and pass your infection to other people, which increases the problem.

## You can help prevent antibiotic resistance

Many people think that antibiotics can cure a cold or flu and will help to shorten their illness. This is not true, because most respira-

## Antibiotic's are losing their power

tory tract infections are caused by viruses, so antibiotics won't have any effect.

You can prevent antibiotic resistance by:

- ▾ understanding that most people don't need antibiotics for colds and flu because they are caused by viruses
- ▾ telling your doctor you only want an antibiotic if it is really necessary
- ▾ taking the right dose of your antibiotic at the right time, as prescribed by your doctor
- ▾ taking your antibiotics for as long as your doctor tells you to
- ▾ taking simple steps to

avoid infections and prevent them from spreading.

### **What causes antibiotic resistance?**

The more antibiotics are used, the more chances bacteria have to become resistant to them. Major causes of antibiotic resistance include:

- ▾ using antibiotics when they are not needed
- ▾ not taking antibiotics at the doses and times that a doctor prescribes — this allows time for the bacteria in your system to become resistant.

### **Development of antibiotic resistance**

The development of antibiotics was one of the most

important advances of medicine. Many bacterial infections (e.g. tuberculosis and infected wounds) that had previously had no effective treatment and often killed people, became treatable with antibiotics, saving millions of lives.

Now, because of the overuse and misuse of antibiotics, bacterial infections that were once



easily cured with antibiotics are becoming harder to treat. This is due to antibiotic resistance.

*Reference: [www.nps.org.au](http://www.nps.org.au)*



## CWA Visit

The CWA ladies paid us a visit recently to discuss the changing role of the CWA over the past few years and to show off some of the craft that the members make.

The CWA is the largest women's organisation in Australia.



Its aims are to improve the conditions for country women and children and to try to make life better for women and their families, especially those women living in rural and remote Australia. In addition to this the CWA supports many charities and local community projects as well as providing material aid to Asia Pacific Countries.

Our residents enjoyed having a cuppa with the ladies after the presentation and life member Shirley Evans was happy to meet up with some of her fellow members who she had not seen in some time.

## *In Memory*

Sad farewell this month to Dorothy Kluge and Jean Keenan.

Our sympathies to both families during this sad time for them.

Rod Mortison  
Masseuse

½ hour for \$20.

If any resident is interested contact reception for details

## Footy Tipping - Round 17 Update

There are only 6 more rounds in the 2015 AFL Season before the finals begin in September. The 2015 Residents Football Tipping Competition will conclude at the end of Round 23 and the race for this year's honours is hotting up.

At this stage, only six points separate our top four contenders ... Alice Lindhe leads the field on 103, hotly pursued by Ernie Ryan on 102 and Nancy Wheeler on 101, with Dennis Bailey not very far behind on 97.

Of course we wish them all the best ... but could there be a tie for top spot – we'll just have to wait and see.

Meanwhile, there's still the

Weekly \$4 Jackpot to keep our other tipsters on their toes. For example Edie Manktelow – with only 72 correct tips for the season so far – managed to be the only one to get 9 right this week to take out the \$16 Jackpot.

Our other lucky Jackpot winners throughout the season have been: Ted Isherwood (twice), Jill Sambrooks, Bob Nevin and Bonnie Green.



## Outings

These are popular activities. We have been on scenic drives to look at the empty lake, afternoon café visits and from The Big Strawberry to a pub lunch, as well as Men's Shed.

If you haven't been to many, or any, of the outings and would like to please see our activity staff and they will put you on the list to go out and about.

Shopping trips for residents are sometimes programmed for an afternoon with destinations including either Woolworths, Target, The Reject Shop and the opportunity shops.

## Big Yellow Box

What is that big yellow box in the car park? That's what many of our residents have been asking throughout the month of July.

The answer to the first question is that the "box" is in fact a 360kVA Caterpillar generator. This generator has been recently installed by Watters Electrical to service Woods Point in the event of power failure.

In the past the facility has had backup power to cover emergency services and communications when the power fails, however the installation of the generator will ensure the entire facil-

ity can continue to operate, as normal, should there be a power outage.

With the switch on occurring on the morning of July 30<sup>th</sup> there was a short period of inconvenience for a couple of hours whilst the power was turned off to enable the final connection. For the most part the connection went smoothly, however there was a glitch with the phones which was quickly remedied.

The generator will easily run power to the entire facility including the extension (currently under construction) should the need arise.

*Pictured with Terry Hall are Rhys, Mark and Peter from Watters.*





## Standard 1.1, 2.1, 3.1, 4.1 – Continuous Improvement

This expected outcome requires that:

**The organisation actively pursues continuous improvement**



What is continuous improvement?

Continuous Improvement is a systematic, ongoing effort to raise a residential care home's performance as measure against the 44 Accreditation Standards.

Continuous Improvement:

- Takes into account the needs of residents, and may involve them in improvement activities.
- Involves a focus on lifting performance in each of the Standards focusing on systematic and integrated improvements with clearly defined objectives.
- Is results-focused which can be demonstrated through outcomes and actions.
- Ranges in scale from smaller programs to significant initiatives.

Continuous improvement involves the establishment and support of a culture that aims for better prac-

tice in care and services for residents.

A culture of continuous improvement means the residential aged care home is responsive to change from a variety of inputs and can continually develop a quality service that is of value to the residents.

A sound continuous improvement program can demonstrate the following:

- Results – actual improvements made and their benefits to residents
- Planned and projected results – actual improvements planned or being introduced and benefits to

## Standard 1.1, 2.1, 3.1, 4.1 – Continuous Improvement

residents

- ♦ Baseline – the current situation the home is trying to change
- ♦ Monitoring – systems to monitor a new process or activity during implementation

Evaluation – systems to monitor a new process or activity once it has been implemented and sustainability.

One aspect that distinguishes an organisation that 'actively pursues continuous improvement' from one that does not is the existence of a planned approach to improving. In an ad hoc approach, improvements are

often only made in response to problems that is, when something goes wrong. This does not represent actively pursuing continuous improvement.

Keeping track of improvement activities ensures a strategic approach to continuous improvement, including prioritisation of activities. It allows residential aged care homes to reflect back on what worked well, and what did not.

At Woods Point continuous improvement is achieved through improvement forms, incident forms, surveys, and audits, review of

practices, meetings and portfolios as well as informal and formal communication.



All this information is logged into a database system which identifies the activity and the action implemented as indicated by residents/ staff/ visitors. Follow up is through evaluation.

I encourage all residents to be involved with continuous improvement by completing surveys and improvement forms when you would like

## Standard 1.1, 2.1, 3.1, 4.1 – Continuous Improvement

to raise an issue for improvement/ suggestion/ complaint or compliment.

Some of the continuous improvement activities we have conducted over the past 6 months are:

- ♦ Residents and resident/ representative survey
- ♦ Mandatory training for all staff for 2015 on the following topics: infection control; occupational health and safety; basic life support; elder abuse; bullying and harassment; emergency procedures.
- ♦ A comprehensive multidisciplinary approach to managing your care needs including specialists as re-

quired, GP regular consultations, physiotherapist, podiatrist, dietitian, speech pathology, diabetic educator, pharmacist, specialist RN skills.

- ♦ Huge improvements in kitchen with texture modified meals and menu options.
- ♦ Commencement of new database system to log clinical documentation to streamline and improve reporting
- ♦ Generator installation to provide 24 hour back up service to entire facility
- ♦ New blinds and curtains in lounge and dining room in low care
- ♦ All maintenance issues

raised repaired within policy timeframes.

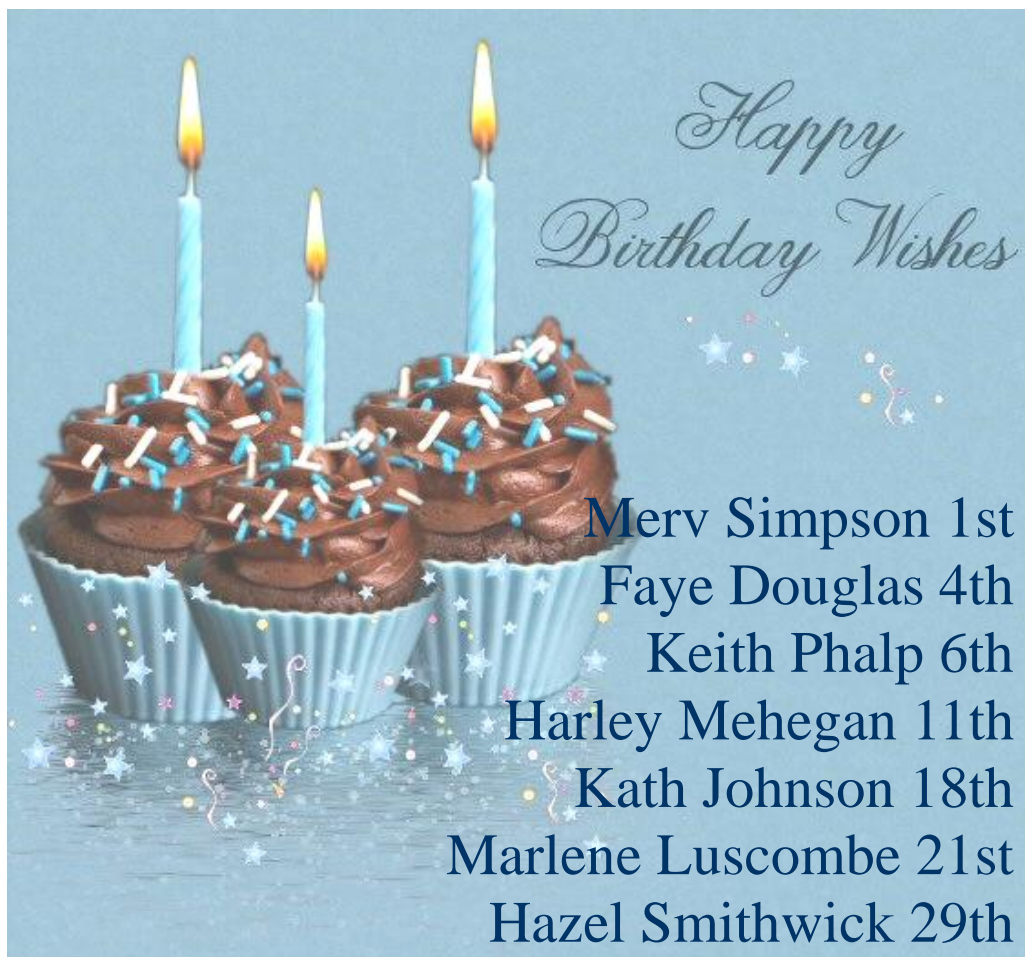
- ♦ Completion of many audits.
- ♦ Reviewed and updated hundreds of policies

This is just a few we have completed recently and there is always room for improvement and we will continue to strive for excellence in aged care service delivery.

We are proud of what we deliver and encourage you to communicate your needs, requests and concerns with us so we can continue to meet your needs.

Marita Seamer  
Director of Nursing





Next time family are visiting could they please check to see if their is excess clothing or other items cluttering up the residents room.

The removal of these items would be much appreciated.

*Do not regret growing older.  
 It's a privilege denied to many!*



Woods Point kiosk is open on Friday at 1.30pm until 2.30pm, come along and choose your sweet, we have a big range of confectionery bags, bars, block chocolate, or just come for a chat with other residents.

## Raffle

Woods Point are running a Father's Day raffle with a chance for someone to win 1 of 3 hampers.

We wish to say a big **Thank You** to the following business' for their generous donations.

**JUDD'S  
MENSLAND**

**AUTOPRO  
YARRAWONGA**

**MEAT ON  
MELVILLE**

**ELITE  
BAKEHOUSE**



**\$2.00 ea  
or  
3 for \$5.00**

**Father's  
Day**

*Raffle operates from  
14/07/15 to 04/09/15*

*Drawn 3:30 pm @ happy hour*

## Birthdays



On the 15th of each month we celebrate the residents with birthdays for that month. Our catering staff bake scrumptious sponges and a large contingent of residents gather to share in the celebrations. In July Ruth (pictured above) and Doreen both celebrated their 90th birthdays.

## Alzheimer's Australia

Are you caring for a person with dementia?

If so, you are invited to attend a FREE course for family carers and friends, conducted by Alzheimer's Australia NSW.

### Workshop Details

#### **Topics:**

- \* Understand how dementia affects the person and impacts upon quality of life;
- \* Improve everyday communication;
- \* Identify common triggers and use strategies to manage changes in behaviour;

- \* Support services and information.

#### **Date:**

Wednesday August 12th

#### **Time:**

10am to 3pm (lunch included)

#### **Venue:**

Commercial Club (Albury)  
618 Dean Street  
Albury

To Register contact Education on 02 8875 4640 or email:  
[nsw.education@alzheimers.org.au](mailto:nsw.education@alzheimers.org.au)

Places are limited and will be first come first service.

## Car Park

Unfortunately the visitors car park has recently been congested with the vehicles belonging to the tradies working on our extension.

The tradies need their vehicles nearby for easy access to tools etc.

This is an unavoidable situation due to the muddy conditions of the building site.

Thank you to all visitors for your patience and understanding during this time and we request that you please avoid parking in the driveway as it restricts access for emergency vehicles. Short term parking for collection or drop off of residents is acceptable.



# Extension Update



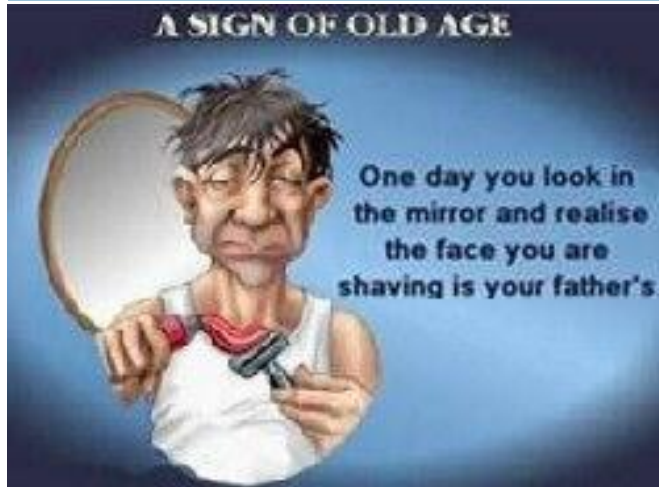
It takes a lot of timber in a building of this size.

Pictured above is just some of the skirting and architrave timber that is currently being installed.

Unfortunately the rain has delayed the external concreting and paving, but inside the cabinetry is coming along nicely with the kitchenette almost complete.



## Time for Fun!



### Embarrassment

You don't really know the meaning of embarrassment until your hip replacement sets off a metal detector at the airport.

### Old Flame

Two elderly guests, Martin and Chris, attended a party given by a business associate to mark his daughter's

engagement to a man she had been living with for three years, and were grumbling about the decline in moral standards.

'All these people sleeping together before they're married,' Martin muttered indignantly. 'I didn't sleep with my wife before we were married. Did you?'

'I don't know,' answered Chris thoughtfully. 'What was her maiden name?'

### Revenge

'Cash or card?' I asked, after folding items the woman wished to purchase.

As she fumbled for her wallet, I noticed a remote con-

trol for a television set in her purse.

'So, do you always carry your TV remote?' I asked.

'No,' she replied, 'but my husband refused to come shopping with me, and I figured this was the most evil thing I could do to him legally.'





## Can't stop the music

One of our favourite musicians, Dave Evans, was back to entertain us in July and his musical talents were much appreciated by Ken and Shirley.

Toe tapping was just not enough for these two. They



sang and danced along to a good majority of the songs that Dave played on the piano.

And they weren't the only ones.

Others were up and dancing along to such tunes as "I'm Looking Over a Four Leaf Clover", "Darktown Strutters Ball" and "Boogie Woogie Bugle Boy".

For those that didn't have the energy to be up and dancing they heartily sang along to the tunes that they knew the words to.

Dave loves taking requests from his audience and we haven't



managed to come up with any song that he doesn't know how to play.

We look forward to Dave's next visit and we will have to try harder to stump him with our song requests.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31</b> 10.00 Exercises 10.45 Whiteboard Games <b>2.00 Anglican Church</b> 2.15 Bobs 6.00 Cards					<b>1</b> 10.00 Exercises/Walks 11.00 Hangman 1.30 Movie 3.00 Footy on TV	<b>2</b> 10.00 Exercises/Walks 11.00 Who am I? 1.30 Movie 3.00 Footy on TV
<b>3</b> 10.00 Exercises 10.45 Quiz/News/Views <b>2.00 Anglican Church</b> 2.45 Carpet Bowls 6.00 Cards	<b>4</b> <b>10.00 Catholic Church</b> 10.15 Carpet Bowls <b>1.30 Cobram Harmonqs</b> 3.30 Knitting Group Bring your knitting along	<b>5</b> 10.00 Exercises 10.45 Bobs 1.30 Movie 2.00 Bingo	<b>6</b> 10.00 Exercises <b>10.30 Resident Meeting</b> <b>1.30 Friendlies</b> 7.00 Monthly Movie in Main Lounge	<b>9.40 Men's Shed</b> <b>7</b> 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the Kids 3.00 Happy Hour	<b>8</b> 10.00 Exercises 11.00 Bobs 1.30 Movie 3.00 Footy on TV	<b>9</b> 10.00 Scrabble 1.30 Movie 3.00 Footy on TV
<b>10</b> 10.00 Exercises 10.45 Bobs <b>2.00 Anglican Church</b> 2.15 Balloon Tennis 6.00 Cards	<b>11</b> <b>10.00 Catholic Church</b> 10.15 Carpet Bowls <b>1.30 Shopping</b> 3.30 Karaoke	<b>12</b> 10.00 Exercises <b>10.30 Piano Lady</b> 1.30 Resident Activity Meeting 2.00 Bingo	<b>13</b> 10.00 Exercises 10.45 News/Views/Quiz <b>1.30 Strawberry Farm</b> 1.30 Movie	<b>9.40 Men's Shed</b> <b>14</b> 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the Kids 3.00 Happy Hour	<b>15</b> 10.00 Exercises 11.00 Hangman 1.30 Movie 3.00 Footy on TV	<b>16</b> 10.00 Exercises/Walks 11.00 Quiz 1.30 Movie 3.00 Footy on TV
<b>17</b> 10.00 Exercises 10.45 Whiteboard Games <b>2.00 Anglican Church</b> 2.15 Bobs 6.00 Cards	<b>18</b> <b>10.00 Catholic Church</b> 10.15 Carpet Bowls <b>2.30 Birthdays</b> 3.30 Reminiscing	<b>19</b> 10.00 Exercises 10.45 Quiz 1.30 Movie 2.00 Bingo	<b>20</b> 10.00 Exercises/Walks 11.00 Bobs <b>1.30 Lake Walks</b> 3.30 Quiz	<b>9.40 Men's Shed</b> <b>21</b> 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the Kids 3.00 Happy Hour	<b>22</b> 10.00 Exercises 11.00 Quiz 1.30 Balloon Tennis 3.00 Footy on TV	<b>23</b> 10.00 Exercises 11.00 News & Views 1.30 Play the Music 3.00 Footy on TV
<b>24</b> 10.00 Exercises 10.45 Outdoor Activity <b>2.00 Anglican Church</b> 2.15 Bean Bag Games 6.00 Cards	<b>25</b> <b>10.00 Catholic Church</b> 10.15 Carpet Bowls 2.00 Scrabble 3.30 Quiz	<b>26</b> 10.00 Exercises <b>10.30 Piano Lady</b> <b>12.00 Chinese Lunch</b> 1.30 Movie 2.00 Bingo	<b>27</b> 10.00 Exercises <b>11.00 Uniting Church</b> <b>1.30 Bundalong Café</b> 3.30 News & Views	<b>9.40 Men's Shed</b> <b>28</b> 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the Kids 3.00 Happy Hour	<b>29</b> 10.00 Exercises/Walks 11.00 Hangman 1.30 Movie 3.00 Footy on TV	<b>30</b> 10.00 Exercises/Walks 11.00 3AW Memories 1.30 Movie 3.00 Footy on TV