

What's The Point?

February
2015

We've Started!

The extension has begun, with Diverse Builders of Numurkah undertaking the construction of the new building.

Pictured here with Bentley Wood Directors Brian and Terry are Shannon (Partner and Building Designer from Brandrick Architects) and Doug - (Site Manager from Diverse Builders).

All are keen for the works to progress as smoothly as possible with minimal or no impact to the everyday working of Woods Point in the early stages.

Resident's, Staff and Visitors will get to witness the progress of the extension works live and also with regular updates featuring in this monthly newsletter.

We remind everyone that with the proposed works there may be increased vehicle traffic in the front car park and we encourage everyone to be extra cautious during this time.



*"Happy Hour" is now
being held in the Main
Dining Room 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!*

Podiatrist Visit February 16th



February Birthdays

Dorothy Kluge 9th

Heather Miles 12th

Myrt O'Bryan 14th

Maria Glavan 20th

Bonnie Green 25th

Elizabeth Harris 25th



Hair Appointments

Mondays, Wednesdays
and Thursdays

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

Tegan's Enchanted Beauty Waxing

Tegan will be here on
Friday 20th February.
If you don't already have
an appointment please see
reception.

Heatwave information for residential aged care

Information for residents, carers and families

What is a heatwave?

- A heatwave is a period of excessively hot weather.

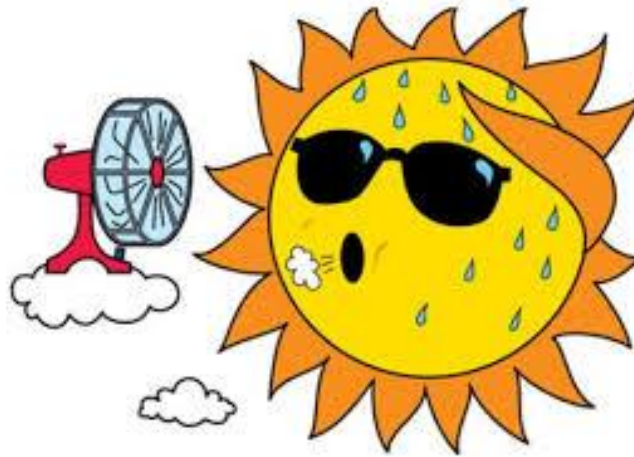
Why are heatwaves a problem?

- Heatwaves can cause people to become ill, and sometimes die.

- Heatwaves are most dangerous if they occur early in the summer season, if they last for several days, and if they include hot nights.

- Heatwaves can cause fatigue, heat rash, heat cramps, heat exhaustion and heat stroke. Heat exhaustion and heat stroke can lead to death.

- Heatwaves also cause death by causing a worsening of existing health problems, especially heart or lung disorders.



Who is most at risk?

In an aged care service, all residents are at risk of heat-related illness.

Those residents most at risk are:

- aged 65 years or older
- overweight or obese

- people with a chronic disease, such as heart disease, high blood pressure, diabetes, cancer, kidney disease

- people unable to care for them-selves

- people with a health condition that impairs sweating, such as scleroderma, extensive scarring from burns

- people with limited mobility or confined to bed

- people with dementia or psychiatric illness

- people taking medications that interfere with the body's ability to regulate temperature.

Heatwave information for residential aged care

What you can do during excessively hot weather.

✓ Wear light coloured, loose-fitting cotton clothing

This could include:

- For women: sleeveless summer dresses and summer night wear.

- For men: short-sleeved shirt, shorts, summer cotton socks and summer pyjamas.

✓ Sip cool water or other drinks as recommended by care staff



✓ Tell the care staff if you feel distressed

- Rapid breathing or difficulty breathing

- Weakness, dizziness, fainting, nausea, vomit-ing

- Fatigue, headache, confusion.

✓ Stay out of the sun



✓ Spend at least 3 hours in an air conditioned space

What carers and family members can do to assist during excessively hot weather.

✓ Provide an adequate supply of light coloured, loose fitting cotton clothing

✓ Encourage and assist with sipping cool water or other drinks as recommended by care staff

- Offer assistance

- Ensure drinks are within reach

- Fill up water jugs.

✓ Look for any signs of distress and if present report this to care staff immediately



Sweaty skin

- Rapid breathing or difficulty breathing



Red, hot, dry skin

- Weakness, d i z z i n e s s , fainting, nausea, vomiting

For the safety of all of our residents

Woods Point Aged Care has a heat wave policy. This policy will mean that in the event of the temperature reaching 32°C the facility will restrict access of all exit doors to prevent any resident leaving the facility unaccompanied.

The policy is available at Woods Point if you would like a copy. Staff must implement the Heat Wave Management Plan (22.7.1).

The adjacent signage will be placed on all external doors to alert residents and visitors when the policy has been implemented and an announcement is made over the PA system.

Entry can be made by pressing either the doorbell (during office hours) or the buzzer. When using the buzzer please speak to the staff member who answers your call.

Exit will require a staff member to accompany you to the doors to open them for you.

We ask our visitors to be patient when visiting during these times and respect that the health and safety of our residents is paramount at all times.

Restricted Exit

Woods Point Aged Care
Heat Wave Policy
has been implemented.
Please seek assistance
from a staff member



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.



No Food or Drink

As of Monday January 19th the Main Lounge area is now a Food and Drink free zone. All residents and visitors are requested to use the dining area for the consumption of food and drink.

Happy hour is now held in the dining area each week and we request that morning and afternoon tea is also held in this area.

This decision has been made to prevent further damage to the carpeting in this room which suffers greatly from spilt drinks and food.

We thank everyone for their understanding in this matter.

"The secret of staying young is to live honestly, eat slowly, and lie about your age"

- Lucille Ball

Time for Fun!



“You don’t stop laughing because you grow old. You grow old because you stop laughing”

What country’s New Year Celebration often lands in February?

One year, a husband decided to buy his mother-in-law a cemetery plot as a Christmas gift.

The next year, he didn’t buy her a gift at all.

When she asked him why, he replied “well, you still haven’t used the gift I bought you last year”

“Mr Clark, I have reviewed this case very carefully” the divorce court judge said “and I’ve decided to give your wife \$775 a week”

“That’s very fair, your honour” said the husband “and every now and then I’ll try to send her a few bucks myself”.



Time for Fun Answers



China often celebrates its new year in February and in 2015 it will be celebrated on February 19th.

In Memory

Deepest sympathies are extended to the families of Carmel O'Dwyer, Jill Carter and Phyllis Rodwell whom all passed away during the month of January. All three ladies will be greatly missed by residents and staff.

Monthly Birthdays



The cream filled sponge which served as the birthday cake was appreciated by all and respite resident Heather is pictured below tucking in to the delicious cake.

It's always a great afternoon when, in the middle of each month, resident birthdays are celebrated with a special afternoon tea.

January celebrants included Dennis Bailey, Eileen Currie and Ann Rendell (all pictured above).



Opportunity to Improve and Complaints

Management and staff are committed to providing the best care and service to the residents. To assist us to ensure our systems are working well residents and visitors are encouraged to complete an Improvement Form when they identify an area in which we can improve. An Improvement form is included in this booklet with further copies at reception and care stations. Improvement forms can be used for suggestions, compliments or complaints.

Completed Improvement Forms can be posted to the manager or placed in the

suggestion box located in lounge room and Care Station 3

The Director of Nursing is available during office hours if you wish to discuss any concerns.

If residents/representatives would prefer to speak to someone independent of the facility the following services are available. Brochures about these services are available at front reception



The Aged Care Complaints Scheme

Department of Health and Ageing Toll free:

1800 550 552

Website online complaints form:

www.health.gov.au/internet/main/publishing.nsf/content/ageing-complaints-form.htm

The Office of the Aged Care Commissioner Tollfree:

1800 500 294

Email:

info@agedcarecommissioner.net.au

Aged Care Assessment Team (ACAT)

Telephone: (03) 58236 000

Sometimes a change is as good as a holiday

For the past couple of weeks we have been conducting our Friday Word Challenge sessions in the Wing 2 Lounge instead of the Main Lounge.

The move was made in the hope of providing a much closer and more intimate atmosphere for those residents keen to participate.

Initially only four residents turned up, but word has since got around and in the second week the number had doubled to eight. And everybody present contributed enthusiastically to the list of 205 words they managed to find using the let-

ters in the phrase “WENDY IS BACK AGAIN”
(Volunteer Wendy was away the previous week).

If the numbers continue to grow too much we may be forced to return to the main lounge, but until that happens we’ll happily continue with the new location!



can in our phrase of the day.

So put on your thinking caps on Friday morning, head along to the Wing 2 lounge and be prepared to find as many words as you possibly

New Dietitian

Morgan Savy has joined us as Dietitian working together with Dan Thomson.



Morgan has recently graduated and is keen to put her newly learned skills into practice.

If you see her smiling face around, please say hello and welcome her to the team. Morgan may be speaking with you in the near future about your dietary needs.

As of Monday
January 19th the main
lounge area is a Food
and Drink Free room.



Please utilise the
dining area when
consuming food or
drinks.

FEBRUARY NO CLUTTER MONTH

Attention Family Members:

We require your assistance to help de-clutter residents rooms.

Some of our residents (not all) have excessive amounts of items in their rooms. And far too many clothing items cluttering up their wardrobes.

Whilst we understand that condensing a family home into one small room is an emotional and challenging task we also have the safety of residents and staff as our priority at all times.

Excessive clutter can be a trip hazard for both the resident; who most likely is already unsteady on their feet and the staff members who attend to the residents needs.

Clutter also makes it difficult for our environmental services staff to clean the rooms adequately.

Another consideration for family members to keep in mind is that a clutter free environment can make things easier for residents who have memory impairment.

February is “no clutter month” and family help with this would be very much appreciated.



Happy Hour Goes “Cabaret” Style



In a bid to revitalise our Friday Happy Hour sessions which have tended to become a bit “old hat” lately, we have moved the venue out of the Main Lounge and into the Dining Room.

The new location allows our residents and their guests to sit together in “Cabaret” style table settings where they can talk to each other face to face, sip their drinks of choice, and nibble some tasty hors d'oeuvres, instead of lounging around in armchairs where it much less conducive to conversation and far too easy to drift off to sleep.

The move took place early in January and – after a three week trial period – the positive feedback, and the increased interaction between everyone attending, has convinced us to

make the change permanent.

If you haven't been a part of our new look Happy Hour, come along at 3:00 o'clock each Friday afternoon and join in the fun.

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Goulburn & Ovens

February

2015

MON	TUES	WED	THUR	FRI	SAT	SUN
Programs are subject to change, see white board						1. 10.00-Exercises/Walks. 11.00-Quiz. 1.30-Movie.
2. 10.00-Exercises/Walks. 11.00-Quiz. 1.30-News/Views. 2.30-Balloon Tennis.	3. 9.45-Catholic Church. 10.15-Carpet Bowls. 1.30-Garden Walks. 2.30-Mulwala Bakery. 4.00-Name Game.	4. 8.00-Special Breaky. 9.30-Lake Walks. 11.00-Bobs. 1.30-Coffee & Spectacles. 2.00-Movie. 2.30-Bingo.	5. 10.30-Res/Rep Meeting. 11.15-Hangman. 1.30-Movie. 2.00-Scenic Drive. 3.30-Singalong. 7.00-Movie Night.	6. 9.45-Men's Shed. 11.00-Word Challenge. 1.30-Kiosk/Quiz. 2.00-Meet the Kids. 3.00-Happy Hour.	7. 10.00-News & Views. 11.00-Singalong. 1.30-Movie.	8. 10.00-Balloon Tennis. 11.00-Memory Lane. 1.30-Movie.
9. 10.00-Exercises/Walks. 11.00-Music in the Lounge. 1.30-Cooking Pizza. 3.30-Music Bingo.	10. 9.45-Catholic Church. 10.00-Exercises/Walks. 10.15-Carpet Bowls. 2.00-Fruit Market. 3.30-Quiz.	11. 10.00-Exercises/Walks. 10.30-Piano Lady. 1.30-Coffee & Spectacles/Movie. 2.00-Bingo.	12. 10.00-Musical Exercise. 11.00-Singalong. 1.30-Nails/Foot Massage 3.30 Quiz	13. 9.45-Men's Shed. 11.00-Word Challenge 1.30-Kiosk/Quiz. 2.30- Birthdays. 3.00-Happy Hour.	14. VALENTINES DAY 10.00-Exercise/Walks 11.00-Who Am I ? 1.30-Movie.	15. 10.00-Exercise/Walks. 11.00-Remember When. 1.30-Movie.
16. 10.00-Exercises/Walks. 11.00-Classical Music 1.30-Scenic Drive. 2.00-Anglican Church. 3.00-Table Ball.	17. PANCAKE TUESDAY 9.45-Catholic Church. 10.15-Carpet Bowls. 1.30-Poetry Readings. 2.00-Fruit Market. 3.30-Pancake Making	18. 8.00-Raisin Toast. 10.00-Exercises. 11.00-Mini Golf 1.15-Movie. 1.30-Coffee & Spectacles. 2.00-Bingo.	19. HAWAIIAN DAY. 10.00-How to Hula. 11.00-Making Leis. 1.30-Movie. FOLLOW THAT DREAM 3.30 - Reminiscing	20. 9.45Men's Shed. 11.00-Word Challenge. 1.30-Kiosk/Quiz. 2.00-Meet the Kids. 3.00-Happy Hour.	21. 10.00-Exercises. 11.00-Hangman. 1.30-Movie.	22. 10.00-Exercises/Walks. 11.00-Story Reading. 1.30-Movie.
23. 10.00-Exercises/Walks. 11.00-Quiz. 1.30-Pie Making. 2.00-Anglican Church. 3.00-Gardening Group.	24 9.45-Catholic Church. 10.15-Carpet Bowls. 1.30-Macca's Drive. 3.00-News & Views.	25. 10.00-Exercis/Walks. 10.30-Piano Lady. 12.00-Chinese Lunch. 1.30-Coffee & Spectacles 2.00-Bingo.	26. 10.00-Exercise/Walks. 11.00-Uniting Church. 11.00-Outdoor Bobs. 1.30-Name Game. 3.00-Balloon Tennis.	27. 9.45-Men's Shed. 11.00-Word Challenge. 1.30-Kiosk/Quiz. 2.00-Meet the Kids. 3.00-Happy Hour.	28. 10.00-Exercises. 11.00-Bobs. 1.30-Movie.	