

# What's The Point?

January  
2015

Another fabulous Woods Point Resident Christmas Party was held in December with many family and friends joining the residents to celebrate Christmas!

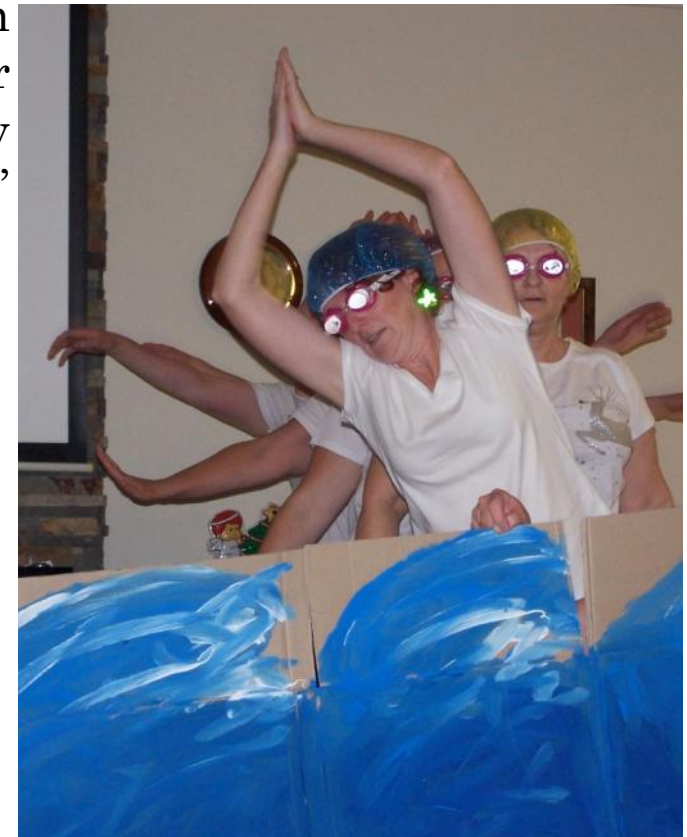
Performances by the Ecumenical Choir and the Yarrawonga P-12 School children were enjoyed by everyone, however the highlight of the evening as always was the staff performances.

The audience was unsure as to what was about to happen when the ladies appeared wrapped in beach towels, wearing shower caps and sporting swim goggles but howls of laughter quickly erupted as the staff performed a “synchronised swimming”

r o u t i n e ,  
sans towels.

These ladies were followed by the return of the now infamous “Jimmy”.

Continued..



*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!*



## Podiatrist Visit January 5th and 26th



### Happy New Year To You

Happy New Year to you!  
May every great new day  
Bring you sweet surprises-  
A happiness buffet.

Happy New Year to you,  
And when the new year's done,  
May the next year be even better,  
Full of pleasure, joy and fun.

## 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 January 23rd.  
If you don't already have  
an appointment please see  
reception.



## Resident Christmas Party (continued)

This year Jimmy brought along his lady friends Beatrice and Penelope to help entertain the residents.

Their slick dance routine to the song “Sexy and I know it” had the audience in tears of laughter and clapping along as they strutted their stuff.

They followed this up with a questionable rendition of “Que sera sera” .

The evening finished up with a slideshow of images from the past 12 months and a visit from Santa who handed out lollies to the lucky ones.

Thank you to all staff who assisted with the evening, and thanks to the family members who come along each year to be part of the celebrations.



More pictures over page.



# Resident Christmas Party







Resident  
Christmas  
Party



## 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.



## January Birthdays

Mary Crook 2nd

Dennis Bailey & Ian McDonald 13th

Jennifer Dalton 17th

Jill Carter & Ann Rendell 20th

Eileen Currie & Ian Quarrell 27th

Ian Miller & Shirley Evans 29th



*"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails." - William Arthur Ward*



## Time for Fun!

### Riddle:

A dad and his son were riding their bikes and crashed. Two ambulances came and took them to different hospitals. The man's son was in the operating room and the doctor said, "I can't operate on you. You're my son." How is that possible?



One day a police car pulled up to Granny's home and Grampy got out. The constable explained that this elderly gentlemen had said he was lost in the park.

'Why, Fred,' said Granny, 'You've been going there for over 30 years! How on earth could you say you had got lost?'

Leaning close to Granny so the police officer couldn't hear, he whispered, 'Wasn't exactly lost. I was just too tired to walk home.'

George recently had a birthday but insists "I'm not 80 - I'm merely 28 with 52 years' experience."

On New Year's Eve someone stood up in the local pub and said that it was time to get ready.

At the stroke of midnight they wanted every husband to be standing next to the one person who made his life worth living.

Well, it was kind of embarrassing. As the clock struck, the bartender was almost crushed to death.

If my body were a car I would trade it in on a newer model.

Every time I cough or sneeze by radiator leaks and my exhaust backfires.

## Time for Fun Answers

**Riddle Answer.** The doctor was his mum.

*In*

*Memory*



Deepest condolences are sent to the family of Lorna McCully who passed away in December.



## Bingo!

Some say Bingo Bingo some say Bango Bango, it does not matter what you call, heads down, first card with all the numbers covered wins.

Residents of Woods Point played our last game of Bingo for the year with plenty of cheers and Christmas hampers to be won.

Residents all joined in to crack their bon bons and were all delighted to wear their Christmas hats whilst playing along.



I would like to thank our residents of Woods Point for supporting bingo throughout the year and a Merry Christmas to you all. Our first game of bingo will commence on January 7th 2015.



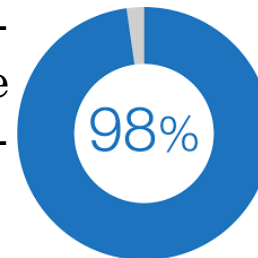
# The Year that was at Woods Point: 2014

## Here is a summary of the year 2014:

- Woods Point occupancy has been 98.25% for 2014
- We have seen 56 new residents mixture of respite and permanent.
- We have had 646 residents since opening
- 2/3 of the residents are female.
- Currently average age of residents is 85
- We have 4 centenarians.
- 43 new staff in 2014
- We currently employ 96 staff at Woods Point.
- We have received 318



- documented incidents.
- We have received 104 documented improvements and suggestions
- We have reviewed and updated 239 policies and procedures.
- We have completed 75 audits on a full range of areas.
- We have completed 39 quality activity reports.
- 98% satisfaction from the resident survey
- 98% satisfaction from the resident representative survey
- We have received and fixed 704 maintenance



requisitions.

We have paid 1922 hours totalling \$50,500 in staff training both internally and externally.

Staff commitment to Woods Point for 5 years or longer has been 47 in total and 5 staff have received this acknowledgment in 2014

We have 4 residents that have been at Woods Point since 2006 the year we opened.

We have dished up over a staggering 100,000 meals to residents, visitors and staff.

We celebrated 89 residents birthdays



## The Year that was at Woods Point: 2014

I would like to thank all the staff for their tireless work, humour, commitment to the residents and professionalism in the care and services they deliver. I know all the residents appreciate your efforts. We face many challenges every day and celebrate many occasions and although we may not get it right all the time, every effort is made to ensure the residents at Woods Point are secure, happy and respected.

We thank all our external services such as hair-

dresser, volunteers, medical staff, allied health staff and contractors.

We look forward to a successful and happy 2015 and wish you all the best for the coming year. May we continue to face the successes and challenges together at Woods Point and would like to thank the residents, representatives, volunteers, staff and visitors for the hard work and commitment to making Woods Point what it is.

Marita Seamer  
Director of Nursing.



## Christmas Lights

With Christmas rapidly approaching it was time for our annual Christmas light outing. With all three buses ready to go there was a long list of residents wishing to participate.

The night was perfect for a scenic drive and we found lovely displays of Christmas cheer, ending the night by visiting the best house which was located on River Road. Mrs Claus was there to greet us with her basket of gifts and sweets. After all that excitement it was time to go home, so with sleepy eyes and smiles on faces we returned to Woods Point and our beds to dream of Christmas.



## Yarrowonga P-12

During the end of November and start of December we had the pleasure of three young ladies from the Secondary College being here to participate with the High Care resident activities.

Paige, Shayla and Savannah visited one day a week for a month and all reported that it had been a pleasure to be here with the residents. They have assisted with craft activities, walks for the residents and also our table ball game – pictured.



It was suggested that this would be an excellent idea to carry this through into next year for other students to enjoy.

The girls agreed to this idea and have assisted to put the plan into action for the com-

## Leave Books

Please make sure the day leave books, extended leave books and visitor book at front entrance are completed.



This helps us know who is here during an evacuation, or any emergency.

No one is then put at risk by looking for someone who is not here – and all residents and visitors will be accounted for.

## Heat stress and heat-related illness

Heat stress occurs when the body cannot cool itself enough to maintain a healthy temperature. Heat-related illnesses include heat rash, heat cramps, dizziness or fainting, heat exhaustion, heat stroke, and a worsening of existing medical conditions.

Elderly people are more prone to heat stress than younger people because their body may not adjust well to sudden or prolonged temperature change.

Elderly are also more likely to have a chronic medical condition and be taking medication that may interfere with the body's ability to regulate temperature.

There are many factors which can cause heat stress and heat-related illness, including: Dehydration; Lack of airflow; Hot and crowded conditions and Sun exposure.



### How to prevent heat related illness:

**Keep up your fluids** – you need to drink more during hot weather, regardless of how active you are. Do not wait until you are thirsty to drink. Drink plenty of water or other cool, non-alcoholic fluids.



**Avoid exposure to heat** – stay out of the sun as much as you can



**Protect yourself outside** – if you must be outdoors, remember to protect yourself from the sun – ‘**slip, slop, slap**’ by covering exposed skin with lightweight

clothes, using sunscreen and wearing a hat, ‘**seek**’ shade and ‘**slide**’ on sunglasses.

**Stay cool** – and keep air circulating around you. Use air conditioning if possible.



## Getting to Know - Shirley Evans

*Recently Shirley's daughter Sue unearthed a personal profile which was done by the CWA ladies when Shirley was awarded with a Life Membership of the Country Women's Association in October 1995. It prompted us to include excerpts from it in our newsletter.*

Shirley was born in Yarrowonga in 1932 as Shirley Joan Mappletoft. Shirley hated her middle name so would jazz it up as Joan of Arc (the patron saint).

"I was educated at the Catholic Primary School, then she spent 12 months at the convent.

I began my working life at 13 at the local newsagents

and every morning at 6am I would attend piano lessons before heading to work.

This continued for 6 years. Then I started travelling to Melbourne for monthly lessons at the Conservatory".

Sue tells us that "Mum was very serious about music (playing piano) when younger. She did all the exams and taught a few students. I think she really would have liked to have travelled and been a concert pianist for a living but then she married and had children".

Shirley married David Evans when she was 28.



"I thought it was time I left home. My mother never wanted me to leave. She died shortly afterwards. I'm sure that is what killed her." Shirley laughs.

Shirley joined the CWA in 1970 when a friend dragged her along to the 'bring a friend' meeting.

"I started going regularly, assisting in raising money

## Getting to Know - Shirley Evans

for charity. I never sit still and enjoy crafting things. I became a financial member allowing me to be part of the Associated Country Women of the World. A year ago we travelled to New Zealand for a world confer-

ence. The next one was held in Pretoria, South Africa in 1998. Throughout the year we educate ourselves on the culture of the country. When asked about her children's musical abilities Shirley states



“Young David is the musician, he has a personality like his mother, taking home all the stray dogs. He plays all instruments, self-taught. He composes music and has had airplay and TV play The name of his band

is the ‘The Band Who Knew Too Much’.

Sue is artistic, having studied fine art, she also has a science degree. She has two children and is busy free-lancing with stained glass, mosaic tiling and anything else she can get her hands on.

Nelson is the brain. An aeronautical engineer. He has a wife Rebecca and no children. I once packed up all my black china for him to take home. Rebecca said ‘no way’.”

Shirley's involvement with the CWA was not just that of an ordinary member. Shirley held the offices of



## Getting to Know - Shirley Evans



Branch Treasurer over three separate terms and totalling in excess of 12 years. And magazine Secretary amongst other various roles within the association. Shirley and husband David travelled extensively during their marriage and Singapore is one place that Shirley would have liked to go back to.

Sue advises: “Mum was also very good (& prolific) with embroidery & knitting. We have a vast quantity of embroidered doilies and such and examples of her fine knitting ability. She didn’t just do plain & pearl – she would knit jumpers for all of us with many different patterns including cable stitch etc.

I remember mum entering at least 20 items in the Yarrawonga show each year and seeing her name on prizes that were exhibited. She was very talented.”

Shirley moved into Woods Point Aged Care in September 2012 and ever since we

have managed to get moments when she will tinkle the ivories of the piano, but mostly we are fortunate enough that Shirley’s very talented son David visits to play for the residents on a regular basis and we also believe that Shirley’s granddaughter Gabrielle is following in her grandmother’s musically talented footsteps.

Did you enjoy getting to know Shirley a bit better?

Perhaps you would be happy for other residents to read about you or your loved one’s life story?

Vicki in administration would love to hear from you.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Celebrate January Birthdays by joining the gathering in the dining room on January 15th at 2.30 pm	Mary Crook 2nd Dennis Bailey & Ian McDonald 13th Jennifer Dalton 17th Jill Carter & Ann Rendell 20th Eileen Currie & Ian Quarrell 27th Ian Miller & Shirley Evans 29th		NO ACTIVITIES  STAFF	2 10.00 Walks 11.00 Word Challenge 1.30 Kiosk 1.30 Quiz 3.00 Happy Hour	3 10.00 Exercises 11.00 Bobs Game 1.30 Movie	4 10.00 Walks 11.00 Story Time 1.30 Movie
5 10.00 Exercises 11.00 Australiana Craft 2.00 Anglican Church 2.30 Scenic Drive	6 9.45 Catholic Mass 10.15 Carpet Bowls 1.30 Movie 1.30 Fruit Market 3.30 Name Game	8.00 Special Breaky 7 10.00 Exercises 11.00 Bobs 12.00 Chinese Lunch 1.30 Coffee & Specs 2.30 Bingo	8 10.30 Resident Meeting 11.00 Trivia Quiz 1.30 Preparation 2.30 High Tea 7.00 Movie Night	9 9.30 Men's Shed 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk 1.30 Quiz 3.00 Happy Hour	10 10.00 Walks 11.00 Bobs Game 1.30 Movie	11 10.00 Exercises 11.00 Balloon Tennis 1.30 Movie
12 10.00 Walks 11.00 Quiz 2.00 Anglican Church 2.30 Bobs	13 9.45 Catholic Church 10.15 Carpet Bowls 1.30 Movie 1.30 Fruit Market 3.30	14 10.00 Walks 11.00 Memory Cards 1.30 Movie 1.30 Coffee & Specs 2.30 Bingo	15 10.00 Exercises 11.00 Bobs 1.30 Birthday Prep 2.30 Monthly Birthday 4.00 News and Views	16 9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk 1.30 Quiz 3.00 Happy Hour	17 10.00 Exercises 11.00 Remember When 1.30 Movie	18 10.00 Walks 11.00 Trivia Quiz 1.30 Movie
19 10.00 Exercises 11.00 Australiana Craft 2.00 Scenic Drive	20 9.45 Catholic Church 10.15 Carpet Bowls 1.30 Movie 1.30 Fruit Market 3.30 Remember When	21 8.00 Special Breaky 10.00 Exercises 11.00 Bobs 1.30 Movie 1.30 Coffee & Specs 2.30 Bingo	22 PIONEER DAY 11.00 Uniting Church 11.00 Quiz 1.30 Cooking—Anzacs 1.30 Movie—Australia 2.30 Stories	23 9.30 Men's Shed 10.00 Exercises 11.00 Word Challenge 1.30 Kiosk 1.30 Quiz 3.00 Happy Hour	24 10.00 Exercises 11.00 Hangman 1.30 Movie	25 10.00 Exercises 11.00 Golf Putting 1.30 Movie
NO ACTIVITIES  STAFF	27 9.45 Catholic Church 10.15 Carpet Bowls 1.30 Movie 1.30 Fruit Market 3.30 Quiz	28 10.00 Walks 11.00 Bobs 1.30 Movie 1.30 Coffee & Specs 2.30 Bingo	29 10.00 Exercises 11.00 Quiz 1.30 Movie 2.00 Scenic Drive 3.30 Hangman	30 9.30 Men's Shed 10.00 Walks 11.00 Word Challenge 1.30 Kiosk 1.30 Quiz 3.00 Happy Hour	31 10.00 Exercises 11.00 Bobs Game 1.30 Movie	