



Towards the end of June two bus loads of residents went on a scenic drive to have a look at the lake which had been emptied of most of its water.

We drove from the Yacht Club in Yarrawonga out to Denison County Caravan Park in Mulwala before turning around and heading home.

On our journey we noted that the lake starting to refill, yet the Paradise Queen remained stranded on the banks of the lake and amongst the mud.

Did You Know?

- ✦ Yarrawonga Weir was officially opened 50 years after it was built. It was finished in 1939 but the ceremony was postponed because of World War.

Where does the water released from Lake Mulwala go?

- ✦ Water diverted from Lake Mulwala The water is diverted into either the Yarrawonga Main Channel or the Mulwala Canal to irrigators in NSW and Victoria and supports irrigated agricultural production ultimately worth billions of dollars to regional and national economies.
- ✦ During the winter, the water level may vary significantly. The water may be lowered to allow for maintenance or to make way for floodwaters. Recently the lake was lowered to control the spread of Dense Waterweed (*Egeria densa*).
- ✦ In summer 1000 ML of water evaporates from Lake Mulwala each day. If temperatures reach over 40C and there are strong winds, over 2,000 ML can disappear each day. This equals to a 50 mm reduction in the water level.

## Tegan's Enchanted Beauty Waxing

Tegan's next visit will be  
Friday July 24th

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 July  
2nd

*"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 July 13th



## Clearing Sale Outing

Woods Point residents enjoyed a day out at Beattie's farm for their recent clearing sale, located just down Benalla road on 2000 acres of lush farming land.

There were plenty of items being auctioned, tractors, cars, farming tools. Wandering



around the farm brought back memories for Ian Quarrell who was a shearer in his day (once shearing 254 sheep in one day).

The Woodzy Walkers Relay for Life team fed the hungry crowd (including our residents) with a great barbeque raising money for the 2015 Relay for Life event which is to be held in Yarra-wonga in November.

## Infection Control

Each year we hear or see on the news that there is a flu outbreak somewhere.

Aged Care Facilities, and specifically residents, are particularly vulnerable to outbreaks due to a number of reasons including being older (immune systems weaken as we age), having other illnesses, and the large quantity of people who live in, work at and visit the facility on a daily basis.

The Department of Health and Human Services has recently sent correspondence to all facilities and we include parts of that correspondence here:

*Dear Residential Aged Care Provider,*

*I am writing regarding preparation for this year's influenza season. Influenza is one of several common pathogens which cause respiratory outbreaks. It is important to identify outbreaks caused by influenza early, so that infection control strategies are implemented to reduce the risk of transmission.*

***An outbreak is defined as three or more residents and/or staff with onset of respiratory symptoms occurring within a 72 hour***

***period. If you become aware of an outbreak, you should immediately notify the Department of Health and Human Services on 1300 651 160.***

*In preparation for the upcoming influenza season, we recommend that you and your staff review the Victorian Guidelines "Respiratory illness in residential and aged care – Guidelines and information kit",*

This information kit is updated annually and Woods Point Aged Care ensures that the policies and procedures are inline with the guidelines in this kit.



## Infection Control

*In particular the Guidelines recommend that:*

*1. The single best way to prevent influenza in the residential care setting is for residents and staff members to be vaccinated every year. Influenza vaccine is available now through GPs. Keep a record of all vaccinated staff and residents at your facility. In an outbreak you will be required to report this information to the department.*

All residents at Woods Point Aged Care were vaccinated in April. All new residents to the facility are required to provide their

most recent vaccination details upon entry.

Woods Point pays for every staff member to be vaccinated annually.

*2. In the event of an outbreak, it is highly recommended that a designated Outbreak Management Team is formed, with individuals given specific roles for helping to control the outbreak. You and your staff should make plans now for who is most suitable to fill those roles.*

Be assured that Woods Point Aged Care has policies

and procedures in place for any such occurrence.

***In the event of an outbreak, the following immediate measures are recommended:***

*1. Implement infection prevention and control strategies, including isolation, hand washing and personal protective equipment, as per “Respiratory illness in residential and aged care – Guidelines and information kit”.*

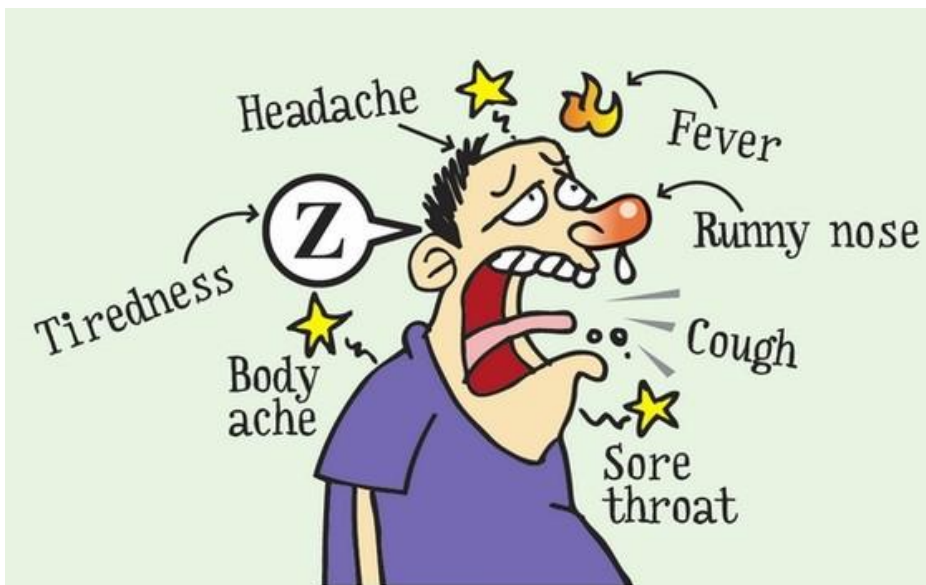
One of the first stages of infection prevention is to discourage unwell visitors.

Signs have been placed at





# Infection Control



ited to avoid infected residents coming into contact with others.

*Like seasonal influenza, a pandemic strain could occur and would be expected to cause serious ill-*

*ness, hospitalisation and death in older people.*

*If you have any queries, please contact Communicable Disease Prevention and Control on 1300 651 160.*

*Yours sincerely*

*Prof Michael Ackland  
Acting Chief Health Officer*

Woods Point Aged Care practices standard precautions at all times

Standard precautions are preventative measures that must be used at all times in daily work practices to avoid infection and its spread, rather than waiting for the confirmation of an infection.

We encourage our residents and visitors to assist with these standard precautions by covering your coughs and sneezes (preferably with a tissue which is disposed of immediately), practicing good hand hygiene (including the use of hand sanitizer) and avoid being out and about if feeling unwell.

the facility entry to discourage any visitor who has recently been unwell from entering the facility.

In the event of an outbreak all visitors will be discouraged from entry to assist in limiting the spread of the infection.

During an outbreak Resident movement will be lim-

## Survey results

Thank you to those residents and the resident representatives that took the time to complete our annual surveys.

A copy of Results and Summary Report will be:

- Added to Resident Meeting minutes folder – in Low Care lounge
- Added to Staff Meeting minutes folder

All Residents, their Representatives, and Staff have access to the Survey Results.

If you are unable to visit the facility to read the results, and would like a copy emailed to you please con-

tact reception with your email address.

Following is a brief summary of the findings:

### **Resident Survey:** SATISFACTION 99%

Response rate = 66%



There were NIL identified areas for improvement in the Resident Survey.

### **Resident Reps Survey:** SATISFACTION 98%

Response rate = 37%

Resident Representative Survey noted 1 area = Clothing packed neatly after laundering.

This will be taken to staff meeting July for the process to be improved.

Fantastic results, and thank you for your participation and wonderful comments.

We do aim to please – and are thrilled that the surveys show we are meeting Resident and Representative needs and expectations.

There is more information on our website at [www.bentleywoodpl.com.au](http://www.bentleywoodpl.com.au), including Resident Information Booklet, Monthly Newsletters and Activities Calendars and Whats On.

# Happy July Birthday

Kevin McCarthy 5th  
Ruth Miller 13th  
Brian Hicks 13th  
Rosemary Skinner 15th  
Joan Fisher 21st  
Joan Parrish 22nd  
Jeane Knights 22nd  
Mary Hamm 22nd  
Doreen Overell 23rd  
Frances Hickey 23rd  
Jean Townley 26th



It's one of the residents favourite places to visit.

The Big Strawberry in Koonoomoo.

These residents recently rugged up and made the bus journey over for their afternoon outing.





## Maggie Beer Foundation

The Maggie Beer Foundation (established in 2014 to improve the standards of meals provided in Aged Care) recently hosted a 3 day education program for 30 cooks/chefs from aged care facilities across Victoria. Kym, our catering manager and Nicole (from our Myrtleford facility) were both fortunate enough to be chosen to participate in this magnificent program hosted by Maggie herself.

The program included a “Mystery Box Challenge” of which Kym’s team were the lucky winners.

Both Kym and Nicole are very excited about the information, tips and tricks that

they have learnt from the program and Kym is very keen to start implementing these ideas into the meals here at Woods Point.



## Cards

Have you, or your relative, received a new Medicare or pension card recently?

Just a friendly reminder that we need the updated details at Administration.

Please bring your new card/s to us so that we may photocopy it/them and update the information on our computers.

Medicare cards are re-issued every 5 years as are DVA Pension cards. Centrelink Pension cards are replaced every 2 years.





In June we sadly bid farewell to Ian McDonald, Allan Tregenza and Lois Wilson.

We extend our deepest condolences to Ian's wife Mavis and her family on his passing and also to Allan's family at this sad time.

To Lois's husband Ron and family we also extend our condolences.

## Birthday

Edna Etchells celebrates another birthday with family members and proudly displays a



handmade quilt which was a gift on the day.

This was Edna's 102nd Birthday celebration and as usual she was surrounded by her family and enjoyed spending the day with her friends here at Woods Point.





Winter has really set in and the building site is a bit muddy.

Lucky the external work is mostly done so and the cabinet makers are being kept dry whilst installing the cabinetry.



# Extension Update



## Time for Fun!

### What we've learned from the movies:

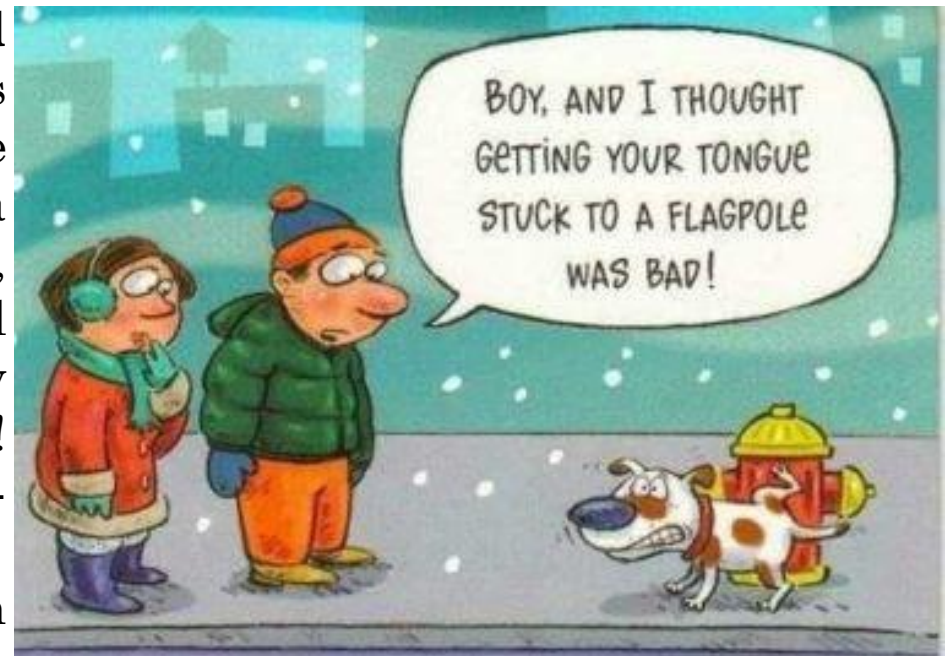
- \* The ventilation system of any building is the perfect hiding place. No one will ever think of looking for you in there.
- \* It is always possible to park directly outside the building you are visiting.
- \* All bombs are fitted with electronic timing devices with large red readouts so you know exactly when they're going to go off.
- \* A man will show no pain while taking the most ferocious beating, but will wince when a woman tries to clean his wounds.



### News Stand

A newsboy was standing on the corner with a stack of papers, yelling, "Read all about it. Fifty people swindled! Fifty people swindled!"

Curious, a man walked over, bought a paper, and checked the front page. What he saw was yesterday's paper. The man said, "Hey, this is an old paper, where's the story about the big swindle?" The newsboy ignored him and went on calling out, "Read all about it. Fifty-one people swindled!"



**Moses** guided his people through the desert for 40 years looking for the Promised Land.

Look like even in those times

men were unwilling to ask for directions.



## 2015 Resident Footy Tipping



It's the end of June and we're up to Round 14 in the 2015 Woods Point Residents' Footy Tipping Competition.

The lead has changed several times over the past 13 weeks. Frances Hickey got off to a flying start and led the field for the first 4 weeks, but a disastrous result in Round 5 saw her drop away to be overtaken by new joint leaders Mary Ivers and Ernie Ryan.

Mary and Ernie shared the lead for the next 3 weeks,

then Ernie forged ahead to lead on his own for the next 2 weeks.

Alice Lindhe became our new leader in week 10 and 3 weeks later she still heads the field with 75 winners. Second place currently be-



*"Sorry, can't stop.  
Gotta get my tips in!"*

longs to Ernie Ryan with 74 wins, one win behind Alice, and last year's winner Nancy Wheeler has quietly slipped into third position with 72 wins.

Our three leaders are closely followed by Dennis Bailey, Ted Isherwood and Tony Doyle with 70 wins each, with Eileen Currie and Mary Ivers with 69 wins each.

Tipsters not currently in the running for the top positions should not despair as they are still able to compete for the Weekly Jackpot which accrues at \$4 per week.





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10.00 Exercise 11.00 Bobs 1.30 Coffee & Specs 2.30 Bingo	2 10.30 Resident Meeting 11.00 News and Views 1.30 Friendlies 4.00 Quiz	3 9.40 Men's Shed 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Movie 1.45 Quiz & Reminisce 3.00 Happy Hour	4 1.30 Movie 3.30 Footy on TV	5 1.30 Movie 3.30 Footy on TV
10.00 Exercises 6 11.00 Quiz 1.30 Movie 2.00 Anglican Church 2.15 Carpet Bowls 6.00 Cards	7 10.00 Catholic Church 10.30 Carpet Bowls 1.30 Shopping 4.00 Quiz	8 10.00 Exercise 11.00 Bobs 1.30 Resident Activity Meeting 2.30 Bingo	9 10.00 Karate Demo 10.45 Exercises 11.30 News & Views 1.30 Movie 2.00 Bundalong Cafe	10 9.40 Men's Shed 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Movie 1.45 Quiz & Reminisce 3.00 Happy Hour	11 10.00 Exercises 11.00 Music Bingo 1.30 Movie 3.30 Footy on TV	12 10.00 Scrabble 1.30 Movie 3.30 Footy on TV
10.00 Exercises 13 11.00 Scenic Drive 1.30 Movie 2.00 Anglican Church 2.15 Bobs 6.00 Cards	14 10.00 Catholic Church 10.30 Carpet Bowls 1.30 Scenic Drive 3.00 News and Views 3.30 Quiz	15 10.00 Exercise 10.30 Piano Lady 1.30 Birthday Prep 2.00 Monthly Birthdays	16 10.00 Exercise 10.45 Quiz 1.30 CWA Ladies Visit 2.30 Afternoon Tea	17 9.40 Men's Shed 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the kids 3.00 Happy Hour	18 10.00 Exercises 11.00 Bobs 1.30 Movie 3.30 Footy on TV	19 10.00 Scrabble 1.30 Movie 3.30 Footy on TV
10.00 Exercises 20 11.00 Quiz 1.30 Movie 2.00 Anglican Church 2.15 Carpet Bowls 6.00 Cards	21 10.00 Catholic Church 10.15 Carpet Bowls 1.30 Shopping Trip 4.00 Whiteboard Games	22 10.00 Exercise 11.00 Remember When 1.30 Coffee & Specs 2.45 Bingo	23 10.00 Exercise 11.00 Uniting Church 11.00 Bobs 1.30 Rich Glen 3.30 Hangman	24 9.40 Men's Shed 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the kids 3.00 Happy Hour	25 10.00 Exercises 11.00 Hangman 1.30 Movie 3.30 Footy on TV	26 10.00 Quiz 1.30 Movie 3.30 Footy on TV
10.00 Exercises 27 11.00 Scenic Drive 1.30 Movie 2.00 Anglican Church 2.15 Bobs 6.00 Cards	28 10.00 Catholic Church 10.15 Carpet Bowls 1.30 Scenic Drive 3.00 News and Views 3.30 Quiz	29 10.00 Exercise 10.30 Piano Lady 12.00 Chinese Lunch 2.30 Bingo	30 10.00 Exercises 10.45 Quiz 12.00 Pub Lunch 2.00 Carpet Bowls	31 9.40 Men's Shed 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the kids 3.00 Happy Hour		