

What's The Point?

June
2015

The monthly competition in the carpet bowls has become fierce with everyone vying for a place in the winning totals.

This month we had a tie for 1st place with Tim Crossin and Ernie Ryan, 2nd place was also tied with Edie Manktelow and Allen Treganza and Joy Duus was outright 3rd place.

It has become noisy in the main lounge each Tuesday morning as there is lots of cheering for good (and bad) bowling and a lot of coaching goes on.

Last week we had guest bowlers Brian and Jeremy Fitzpatrick and they were both very competitive, but assured us that they had great fun.



*"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!*

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 rep-
resentatives are invited to attend these meetings.

Thursday June 4th

Podiatrist
Visit
June 1st and
22nd

Tegan's Enchanted Beauty Waxing

Tegan's next visit will be
Friday 12th June
If you don't already have an
appointment please see
reception.

Happy JUNE Birthday!

Edna Etchells - 1st
Allan Tregenza - 3rd
Edie Manktelow - 5th
Joy Duus - 13th
Loris Fixter - 21st
Sheila Abnett - 23rd
Jill Sambrooks - 23rd
Merle Conway - 25th
Tony Doyle - 29th
Marion Morris - 29th

Please ensure your footwear is well fitting and in good condition – Especially true for anyone with diabetes. This is a really easy way to prevent pain and long term problems with your feet.



Tab, one of our catering staff members, was the lucky winner of the wonderful hamper for our annual Mother's Day Raffle. Tab was very excited with all her goodies to take home to share with her family.

Autumn Care

Dear Residents and Representatives:

I am writing to advise you that Bentley Wood Health and Aged Care, which consists of Woods Point Aged care and Myrtleford Lodge Aged Care is implementing computerised care planning throughout both facilities. The program is called Autumn Care and it will completely replace the paper based system we are currently using.

As the demand for aged care services increases, aged care providers need to meet the challenges of providing the best possible care whilst increasing productivity and streamlining their proc-

esses. Autumn Care has developed the most advanced care solutions available in the Aged Care industry to assist in meeting these challenges.

Up to date records can be accessed from anywhere at any time. Information is available at the click of a button and effective communication of patient information where it is needed is instant.

Paperless care is better care



as it increases efficiencies by eliminating the need for the duplication of data and double handling. Information is entered once and is instantly available for all, reducing time, effort and inconsistency of data, and therefore offering cost savings on multiple levels.

These advantages will ultimately improve the management and reporting of clinical care as well as assisting staff to better manage clinical and personal care for residents.

The Autumn Care system searches and extracts clinical notes, care plans, assessments and appointment tasks, meaning virtually

Autumn Care

anything can be reported, quickly. Reports can be saved for re use at a later date, or modified using a number of search criteria. In addition to the day-to-day reporting requirements, Autumn Care can also be used for statistical reporting - such as incidents and accidents, key performance indicators measuring quality and highlighting staff training requirements, in order to analyse trends and set benchmarks.

We are excited about this initiative and plan to implement in June 2015. We are currently working fervently to enter all resi-

dents' data into the system as well as train the staff on the use of the system. I must stress the care provision will not change however we all need to be patient whilst staff learn a new computer based system to capture the data necessary to improve outcomes for residents. Ultimately staff will become more proficient with documentation and less duplication with the aim to provide more contact hours with staff and residents.

We have no plans to reduce staff with the implementation of Autumn Care but improve efficiencies throughout the facility and assist

staff with their current workload.

This is a huge resource investment that we believe is necessary to continue to meet the increasing demands of residential aged care.

If you would like to know further details please see Marita or obtain a brochure from reception.

Yours sincerely
Marita Seamer
Director of Nursing



Survey

The annual Resident and Resident Representative surveys have been distributed for return before Monday 15th June 2015.

A brightly signed box has been placed in the main lounge for completed surveys.

Please take this opportunity to let us know how well the organisation is meeting the needs of residents.

We encourage suggestions and comments, and will endeavour to meet all reasonable suggestions for improvements for best outcomes for residents.

Thank you.



MOVIE NIGHT
THURSDAY 4TH JUNE
7PM IN MAIN LOUNGE



General Information

Maintenance

Our in house maintenance is not available for repairs to wheelchairs, walkers or scooters.

All maintenance issues in respect to these items will be forwarded to the family for them to arrange repairs to be carried out externally.



Personal Belongings

Woods Point is not able to store residents personal belongings.

We request that families

keep in mind that when a resident leaves Woods Point all belongings need to be removed in a timely manner. If not collected within 4 weeks Woods Point will dispose of these items and pass the cost of disposal (if any) onto the family.

We are unable to accept donations.

Laundry/Lost property

Any unlabelled clothing will be stored in Laundry for 1 month then discarded.



Please ensure any new clothing items and items brought into facility are left at reception so that they can be forwarded to Laundry for labelling.

It is not possible for staff to know what belongs to who if the item is not labelled.

Furniture

Facility lounge chairs, coffee tables, other tables – not to be placed in individual residents rooms. These items belong in communal areas for the use of all residents. Residents are to purchase own if needed.



This month we have had a special treat from the Catholic Secondary College. The year 8 dance students asked if they could visit Woods Point to show our residents their new dance for this term. It was a wonderful show of the talents of these young people. Residents and staff enjoyed and applauded the students for their efforts. Thank you to the College and we will be looking forward to the next visit.



Just prior to Lake Mulwala water level being lowered our residents were able to enjoy an afternoon on the Paradise Queen. Pictured here are Joan and Denise, relaxing in the comfortable lower deck of the boat.

The cruise around the lake was a calm and peaceful way to experience the wonderful Autumn weather and to have a sticky beak at the waterfront properties along the way.



Petal Back Clothing

The company has designed a unique range of clothing which is dignified, comfortable and attractive and allows for ease of dressing for the wearer and the nurse or carer thus reducing stress and pain for all concerned. It provides daywear, nightwear and underwear for ladies and gentlemen without using buttons, studs or Velcro.

Petal Back clothing is designed specifically for people that are bedridden or disabled - comfy garments that are practical and stylish and which provide dignity in conjunction with the

functionality required for daily care.

The unique “Petal Back” design greatly assists those who are physically challenged with arthritis and stroke victims or mentally challenged with dementia by minimising the chance of the carer inflicting fractures or lacerations.

They provide a range of clothes for ladies and men, including footwear.

For more information visit www.petalbackclothing.com.au or phone local distributor Get Up N Go Healthcare on 5722 4512.



Mother's Day

On Saturday prior to Mother's Day a group of our ladies put in a wonderful effort to assist staff with arranging the flower displays for the dining tables and making up the



little flower sprays for the ladies to wear on Sunday. On the day all our ladies were spoilt with small gifts donated to Woods Point by one of our family members and to top the day off we enjoyed a special afternoon tea provided by the always fabulous kitchen staff.

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.





Sad farewells to Brian O'Connor, Mary Elliott and Iris McFadden this month. Our deepest condolences are extended to the Brian's wife Norma and the O'Connor family and support and condolences are offered to Mary's husband Frank (who is a fellow resident) and his family at this sad time. We also offer our condolences to Iris' many friends.

Math Games

Resident John Randall is seen here with Jane, (a volunteer) enjoying the challenges of the math games, which he has a keen interest in.

John has quickly advanced from the easiest level to the hardest level in a very short period of time, achieving wonderful scores. There has been a suggestion that John could be of great assistance to staff.





Time for Fun!



An elderly farmer in Queensland had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five gallon bucket to pick some fruit. As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in

the pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!' The old man thought for a second and said, 'I didn't come down here to watch you ladies swim or to make you get out of the pond naked.' Holding the bucket up

he said, 'I'm here to feed the crocodile!' Moral: Old men can still think fast.



**I would be
unstoppable, if
I could just
get started!**

Bundalong Cafe

The recent trip to Bundalong Cafe was a successful afternoon. Having never visited before residents were excited to see what this reasonably new cafe could offer them. The friendly staff at the cafe provided us with a wonderful afternoon tea including jelly cakes, vanilla slices and lemon tarts. All washed down with a cuppa, of course! The residents gathered for a photo on the way out and all promised to go back again. Look for it in the upcoming monthly programs.



Dry Skin

Have you noticed your skin is a bit dryer than normal? This often occurs in winter when we turn the heaters on.



Dry skin can also be itchy, causing us to scratch. And older skin tends to be thinner skin, therefore scratching can lead to breaking the skin. Causing a wound and running the risk of infection if not careful.

Yes, it's a slippery slope once the dry skin starts!

We should try to stop the skin drying out in the first place.

A couple of tricks to avoid your skin drying out:

Keep yourself hydrated on the inside - drink plenty of water, just because the weather is cooler doesn't mean our body doesn't need the same amount of water that it does in the warmer months.

Avoid being in a heated room continually. Artificial heat can dry the skin very quickly. Turn the heater off and try to get outside on a regular basis to allow both your lungs and your skin to breathe in the fresh air.

Whilst outside though, be mindful that your hands

have thinner skin than most areas of your body, therefore they also have fewer oil glands and are harder to keep moist. Wear gloves if



outside on a very cold or especially windy day. This will help to protect them more.

Apply moisturiser regularly. Not just to the face and hands but all over. Thicker moisturizers work better because the thinner water-based lotions won't help skin retain its moisture.



If you are noticing dry, flaky skin speak to the staff about what they can provide to help you combat this issue.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10.00 Exercise 11.00 Quiz 1.00 Newsletter Reading 2.00 Anglican Church 2.30 Bobs	2 10.00 Catholic Church 10.15 Carpet Bowls 1.30 Movie 2.00 Scrabble 3.30 Quiz	3 10.00 Exercise/Walks 10.45 Bobs or Putting 1.30 Movie 2.00 Bingo	4 10.30 Resident Meeting 11.15 News/Views 1.00 Friendlies 4.00 Reminiscing 7.00 Monthly Movie	5 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	6 10.00 Walks/Exercises 10.45 Hangman 1.30 Movie 3.00 Footy on TV	7 10.00 Walks/Exercises 10.45 Remember When 1.30 Movie 3.00 Footy on TV
8  No Activities Staff Main Lounge - Movie When the Queen comes to town	9 10.00 Catholic Church 10.30 Carpet Bowls 1.30 Shopping Trip 4.00 Royalty Quiz	10 10.00 Exercise/Walks 10.30 Piano Lady 1.30 Resident Activity Meeting 2.30 Bingo	11 10.00 Exercise 10.30 Bobs 1.30 Movie 2.00 Strawberry Farm	12 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	13 10.00 Exercises 11.00 Hangman 1.30 Movie 3.00 Footy on TV	14 10.00 Scrabble 1.30 Movie 3.00 Footy on TV
15 10.00 Exercise 11.00 Quiz 2.00 Anglican Church 2.30 June Birthdays 3.30 Sing-a-long	16 10.00 Catholic Church 10.30 Carpet Bowls 1.30 Opp Shopping 4.00 Quiz	17 10.00 Exercise/Walks 11.00 Bobs 1.30 Coffee & Specs 2.00 Movie 2.30 Bingo	18 10.00 Exercise 10.45 Quiz 11.30 Pub Lunch 2.00 Carpet Bowls	19 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	20 10.00 Exercises 10.45 Bobs 1.30 Movie 3.00 Footy on TV	21 10.00 Scrabble 1.30 Movie 3.00 Footy on TV
22 10.00 Exercise 11.00 Bobs 2.00 Anglican Church 2.15 Scenic Drive	23 10.00 Catholic Church 10.30 Carpet Bowls 1.30 Shopping Trip 4.00 Quiz	24 10.00 Exercise/Walks 10.30 Piano Lady 12.00 Chinese Lunch 1.30 Movie 2.00 Bingo	25 10.00 Exercise/Walks 11.00 Quiz 11.00 Uniting Church 2.00 Rich Glen	26 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	27 10.00 Exercises 10.45 Quiz 1.30 Movie 3.00 Footy on TV	28 10.00 Walks 10.45 Hangman 1.30 Movie 3.00 Footy on TV
29 10.00 Exercise 11.00 2.00 Anglican Church 2.30 Quiz Games	30 10.00 Catholic Church 10.15 Carpet Bowls 1.30 Movie 2.00 Scrabble 3.30 Reminiscing		 Please make sure your AFL footy tips are in the box in the main lounge prior to the first game each week.		**Catholic Church Services - please note the new start time for Church. 10am each Tuesday**	