

What's The Point?

March
2015

Last months carpet bowls competition was a very exciting one. We have had lots of new players trying their hand at the weekly competition held in the main lounge each Tuesday straight after the Catholic church services.

The winner for February was Edna Gemmill with 6 points, equal 2nd was Ernie Ryan and Eileen Currie and in 3rd place Ian Quarrell.

Joanne, Linda and Pam have tried to make the game a lot of fun and at the end of each game days competition, if time permits, they invite those residents who don't normally play to 'have a go' and this has seen a larger number of residents join in the weekly comp.

Many thanks to the wonderful Keith Green who has recently retired from the organising and running of our weekly bowls events. Keith has been a great asset to Woods Point and was the instigator behind regular visits from local bowlers to display their talents. Thank you Keith and enjoy your 'retirement'.



*"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 March 9th and 30th

March Birthdays



Monica Ivers 6th

Denise Ryan 7th

Lois Wilson 10th

Nancy Wheeler 11th

Annie Forrester 16th

Marg Jones 17th

Ivan Boldt 26th

Bob Amezdroz 27th

Jessie Jolley 29th

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 March.

If you don't already have
an appointment please see
reception.

Go to Hawaii!



Hawaiian Day was a great success last month. Residents and staff were handed leis and greeted with 'Aloha'.

During the day the residents had hula lessons and also learnt how to make their own leis.

South Pacific – the musical was played on the big screen in the main lounge.

Feedback from the resi-

dents was 'a good day'.

Frances Hickey got into the theme of the day, putting on her daughters vintage hula skirt.

Activities staff members Pam and Lorraine our were all dressed for the occasion as was volunteer Jane.

Cooking

Cooking last month consisted of pizza making and fruit pie baking. The pizza's included topping of potato, pumpkin, grated carrot, ham, tomatoes, egg and cheese.

Despite how it sounds it did taste great.



The 2nd cooking group rolled out pastry ready for pie casings that were filled with pureed fruit.

Music for Health and Wellbeing

Music affects our thoughts, feelings and behaviours.

The rhythm can affect our bodies so that our pulse and respirations

are in time with the music's beat or rhythm.

Music can relax or energise, and certain pieces of music can affect us in deeply personal ways.

Whilst most of us listen to music, making music can be a very effective means of expression.

It's also great for our self-esteem and confidence.



Specific benefits of music include:

- Improve motor function
- Decrease muscle tension
- Regulate respiration
- Improve respiration and vital capacity
- Reduce pain
- Reduce heart rate
- Increase pain tolerance and threshold
- Decrease pain medication required
- Decrease blood pressure
- Improve comfort
- Reduce anxiety
- Enhance relaxation
- Elevate mood
- Decrease fear



- Improve sleep quality

Next time you can't sleep, try to listen to some classical music.

Anxious or in pain? A good dose of happy, upbeat music such as "Rock Around the Clock", "Walking on Sunshine" or even "Proud Mary". Any song that you find your feet tapping along to will help reduce your pain and improve your mood.

So whether it's classical or contemporary, rock or jazz all kinds of music can impact on your mind and body in many ways.



Church Services

CATHOLIC - Tuesday 9:45 in High Care top lounge, weekly

ANGLICAN -Monday 2:00 in High Care top lounge, weekly

UNITED – Thursday 11:00 in chapel, Wing 1 lounge 4th week of the month

Everyone is welcome to attend whichever service you choose. You can also go to all or none of them. This is your own personal preference.



Entertainers

Barbara Hird the “Piano Lady” and Dave Evans the pianist/singer/accordionist are both back with us this year.

Keep your eyes out for them on either the monthly program or the daily white board. We hope you look forward these musical sessions and come along to support them.

Barbara generally visits us every 2nd Wednesday morning whilst Dave pays us a visit when he has the chance to take time away from his work in Melbourne as a health musician, band member and street performer.



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.

Thursday March 5th

See you there

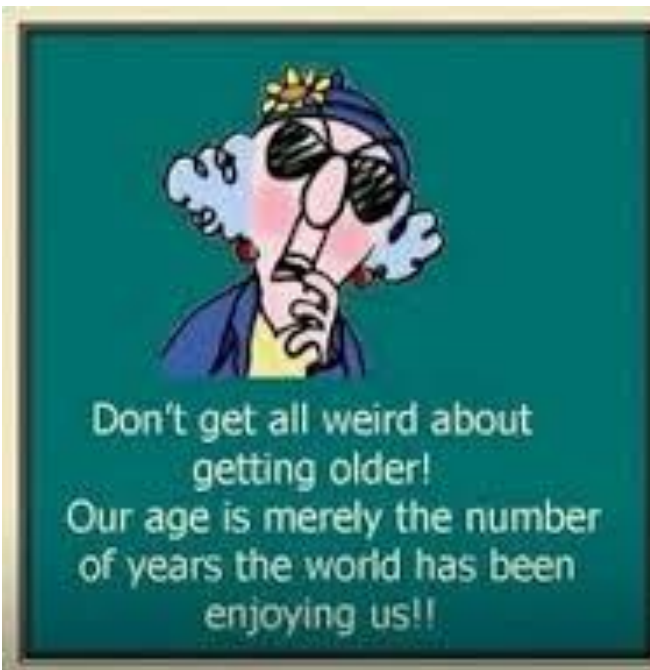
*Just remember that you
are unique,
just like everyone else*

- Margaret Mead



We had to share these wonderful words from Barb who recently spent 2 weeks with us for respite care.

Time for Fun!



•By age 60, most people have lost half their taste buds

A miser was on his death bed, as his last request he asked to be alone with his lawyer, doctor, and priest. "I know I am going to die" he

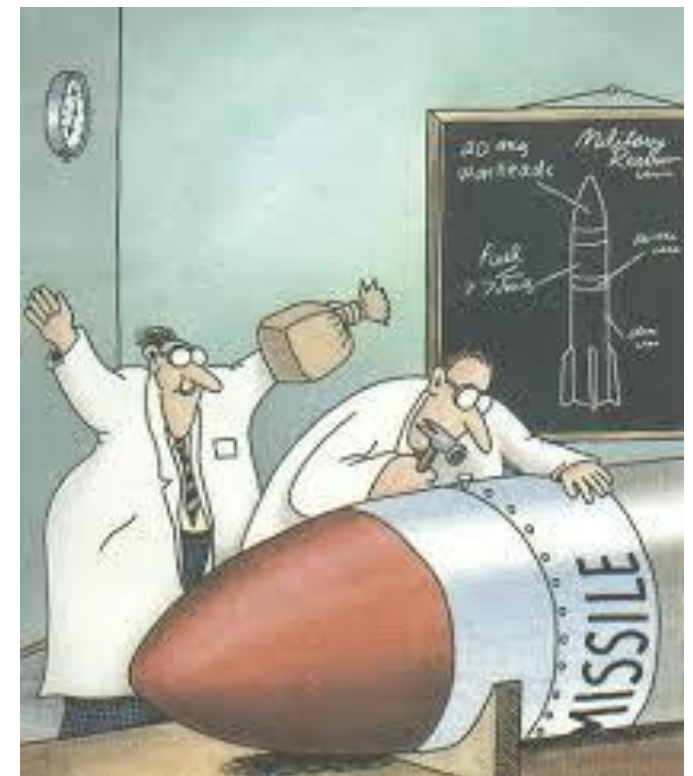
said " and I would like to take my money with me, so I am going to give each of you \$150,000 and I want you to each make sure the money gets in the coffin."

It was a few days after the funeral when the priest overflowing with guilt finally confided to the other two that he only put \$100,000 in the coffin. "I'm glad you brought it up" said the doctor, "because I have also been feeling guilty, I only put \$80,000 in."

"You people should be ashamed of yourselves" stormed the lawyer "stealing money like that,

am I the only honest person here?"

"Look at this" he said pulling out his cheque book, "**I wrote out a cheque for the full \$150,000!**"



2015 Residents Football Tipping Competition

The 2015 AFL Season starts on Thursday 2nd April and during the month of March the Activities Staff will be accepting registrations from those Residents who wish to compete in the 2015 Residents Football Tipping Competition. Details and 'rules' for this year's competition are as follows:

- There are 9 Games per Round and there are 23 Rounds in the Season
- **Entry Fee is \$20-00** per resident (that's the same as last year). Entry Fee is to be paid to Activities Staff (Heather, Pam, Lili, Lorraine or Gavin) on or

before Friday 27TH March.

- Each Tipster will be given a Fixture showing all games for the 2015 Season.
- Each week's Tips or Selections are to be marked on the Fixture by crossing out the names of the teams you think will LOSE for that Round. For example, if you wanted to pick Carlton to win the first game in Round 1 you would mark your Fixture like this:

Carlton vs ~~Richmond~~

- Tips for each Round are to be given to Activities Staff or put in the Footy Tipping Box on top of the piano **by 3:00pm on the day of the 1st game of each round.**

- This means, Tips for Round 1 are to be "in" by 3:00PM on Thursday 2nd April.
- If your Tips are not in by the 3:00PM deadline, you will be given the **AWAY** teams (i.e. the second listed teams) for that Round.



Weekly Prize

- There will be a Weekly Prize of \$4.00

2015 Residents Football Tipping Competition

- The Weekly Prize will be paid to anyone who picks 9 winners for the round, or it will be split if 2 tipsters pick 9 winners.
- If more than 2 tipsters pick 9 winners in a Round the Weekly Prize will Jackpot to the next Round.
- If nobody picks 9 winners, the Weekly Prize will Jackpot.

End of Season Prize

- First Prize: 50% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the highest number of Correct Tips for the Season.
- Second Prize: 30% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the 2nd highest number of Correct Tips for the Season.
- Third Prize: 20% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the 3rd highest number of Correct Tips for the Season.

**G O O D
LUCK!**



Kiosk

Kiosk is open on Friday's between 1.30pm and 2.30pm.

We sell a big range of confectionery, bag lollies, blocks, bars, biscuits, chips, small variety of toiletries, and greeting cards.

Or just come along for a chat.



Help
celebrate
St Patrick's Day
on March 17th
by dressing
up in Green!

In Memory

Recently we have sadly farewelled Charles Hamm and Max Harrington. Both of these gentlemen were great characters and will be missed by all at Woods Point.

Clinical Care

Hello again and I thought this month I would continue on the same theme as last month by providing you with more information on one of the Accreditation Standards Woods Point is always striving to continually improve.

Clinical Care is expected outcome 2.4 of the 44 Accreditation standards assessed by the Accreditation Agency and one which is a major focus that requires a consultative approach from Residents/representatives and staff.

The expected outcome of 2.4 – Clinical Care requires that: *Residents re-*

ceive appropriate clinical care.

What does this mean?

What we are aiming to achieve is:

- * Management and staff demonstrate that Residents receive the care that is appropriate to their needs and preferences.
- * Residents/representatives confirm the appropriateness of the care they receive according to their needs and preferences.

Woods Point aims to meet this outcome by completing the following:

Undertaking an initial

Clinical Care (cont)

assessment and planning in relation to care and lifestyle, including all the following areas: specialised nursing care needs; pain management; palliative care needs; skin care management; continence management; behavioural management; mobility and dexterity needs; sensory losses and sleep management, as well as lifestyle choices.

This initial assessment conducted for all Residents forms the basis of care provided. As we know our needs change frequently and staff must be aware of these changes through clinical assessments, review of care plan, Resident of the

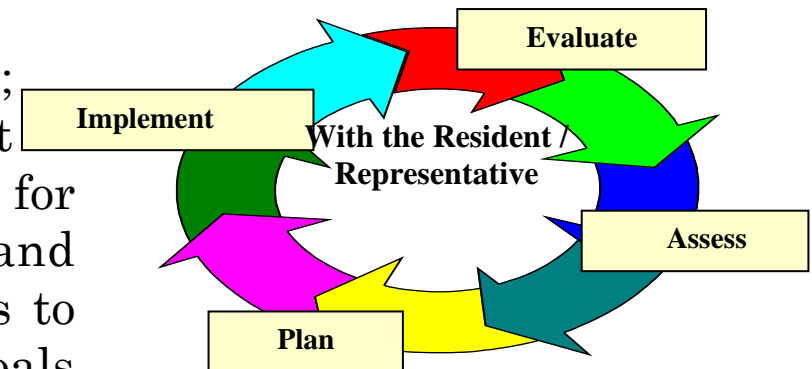
Day reviews and communication with Residents, their Representatives and Staff.

The information gathered from the assessment is formulated into a Resident Care Plan in partnership with the resident/representative and other health care team members, as appropriate.

The care plan identifies; individual resident needs/problems, a goal for each need/problem and strategies / interventions to meet the goals. Goals should be realistic and wherever possible the resident should be involved in setting goals.

Resident focused strategies/interventions are consistent with contemporary practice, guided by documented policies / procedures

Resident of the Day is completed monthly in which every aspect of your care needs are reviewed, changed if necessary and actioned accordingly.



A holistic, multi-disciplinary approach is taken to providing contemporary care in partnership with each resi-

Clinical Care (cont)

dent or representative. An individual plan of care that promotes health and well being is formulated for each resident based on a comprehensive entry assessment. The plan is implemented and evaluated monthly or more frequently in response to the resident's changing health status.



Strategies and interventions are implemented according to evidence based practice by staff with appropriate knowledge and skills; and according to their scope of

practice and legislative requirements.

Residents have their needs and where possible preferences met by the most appropriate health professional such as, qualified nursing staff, pain consultant, dentist, dental technician, physiotherapist, speech pathologist, dietitian, occupational therapist, palliative care team, pharmacist, PGAT/DBMAS, geriatrician.

The residents' right to access complimentary therapies is respected and supported within the legislative framework.

The types of documentation we use to formulate your individualised care plan is as follows:

- . Assessments
- . Care plans
- . Progress notes
- . Observation charts
- . Incident forms / Improvement forms
- . Consultation with Residents and/or Representatives
- . Doctor / Allied health assessments and
- . Correspondence.

From all this documentation and communication with you we are striving to ensure you are satisfied with the level and manner in

Clinical Care (cont)

ASSESSMENT	Date: _____
Communication/Comprehension	
Includes hearing aids, glasses, working & clean	
Mobility & Transfers	
Falls Risk Assessment (Document no. of falls in month)	
Norton Scale for predicting Pressure Ulcer Risk	
No Lift Reference	
(Update - Mobility, Transfer and Falls Strategy 41.9.4)	
Observations (BP, Pulse, Temp, Resp, U/A, weight, BGL)	
Personal Hygiene (Jock, ears, trim nails, hair, teeth, dentures, oral care, tidy wardrobe)	
Physio / OT / Speech (Check if current, if applicable, organise R/V if needed)	
Skin Care & Wound Management (Skin integrity etc - moisturizers, current ongoing wounds) (Check Wound Charts)	
Other Medical Conditions (Cardiac, diabetes, respiratory, pain management, any new problems)	
Review Individual Action Plan (Update as necessary and document changes) (Copy of Update in High Care bathrooms)	
Meals and Drinks (If in use check: Supplement sheets, Dietary Requirement Forms, Food & Fluid Charts, BGL Charts)	
Behaviour (Document if strategies effective/not effective)	
Toileting / Bowel/Bladder	
Family Contact (Phone NOK) Please use care plan consultation form. Families	
Emotional Needs	
Oral and Dental Checklist Completed	
Sleep & Settling	
Medications & Dr R/V (Ensure resident has CMA and has been seen by Dr 3 monthly, if not - report to Div 1)	
Update Missing Resident Form no: 41.8.1	
Residents Emotional Needs	
Residents Activity Needs	
Spiritual and Cultural Issues	
Div 1 to review on completion and sign off	

which care and services are provided across all areas of health and personal care, as well as your lifestyle choices.

Keep communicating!

Marita Seamer
Director of Nursing

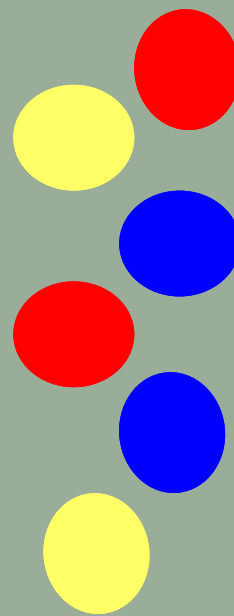
Extension Update

No much to show so far, but things are moving ahead. With ground works in progress and the storage sheds nearing completion it won't be long before we can share some pictures with you.

We thank all our visitors for the patience shown thus far with limited car spaces and extra traffic (often trucks) coming in and out it has been a busy driveway and car park.

We also have had extra disturbance with the new round-a-bout going in at the Woods Road/Orr Street intersection.

Hopefully soon things will calm down a bit and next month we will have photo's.



Bobs on the Green

On a morning free from sultry weather residents played bobs outside on the putting green. Whilst there they caught a few rays of sun and plenty of fresh air.

The green rolled nicely for the competitors so high scores were accomplished by all who played.



Goulburn & Ovens

March 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Celebrate St Patrick's Day on March 17th by wearing Green 					10.00 Exercises/Walks 1 11.00 Story Reading 1.30 Movie
2 10.00 Exercise/Walks 11.00 Courtyard Activity 1.30 Movie 2.00 Anglican Church	3 9.30 Catholic Mass 10.15 Carpet Bowls 1.15 Movie 1.30 David Evans 3.30 Name Game	4 8.00 Special Breaky 10.00 Exercises/Walks 11.00 Mini Golf 1.30 Coffee & Specs 1.30 Movie 2.00 Bingo	5 10.30 Resident Meeting 1.15 Movie 1.30 Friendlies 3.45 Hangman	6 9.45 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	7 Dance Time News and Views	8 Quiz Balloon Tennis Movie
9 No Activities Staff	10 9.30 Catholic Church 10.15 Carpet Bowls 1.30 Movie 2.00 Fruit Market 3.00 Quiz	11 10.00 Exercise 10.30 Piano Lady 1.30 Movie 1.45 Coffee & Specs 2.00 Bingo	12 10.00 Exercises/Walks 11.00 Sing-a-long 1.30 Redshift 3.30 Cards	13 9.45 Men's Shed 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Boronia Singers 2.30 March Birthdays 3.00 Happy Hour	14 Exercise/Walks Remember When Movie	15 News and Views Who am I? Movie
16 10.00 Exercise/Walks 11.00 1.30 Movie 2.00 Anglican Church 2.30 Annie Forrester 100th Birthday	17 9.30 Catholic Church 10.00 Walks 10.30 Blooms Fashions 1.30 Quiz 2.30 Green Afternoon Tea 3.15 Balloon Tennis	18 10.00 Exercise 11.00 Bobs 1.30 Movie 1.45 Coffee & Specs 2.00 Bingo	19 10.00 Exercises/Walks 11.30 Pub Lunch 2.45 Balloon Tennis	20 9.45 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	21 No Activities Staff	22 No Activities Staff
23 10.00 Exercise/Walks 11.00 Bobs 1.30 Movie 2.00 Anglican Church 2.15 Cooking	24 9.30 Catholic Church 10.15 Carpet Bowls 1.30 Macca's Drive 3.30 Bobs	25 10.00 Exercise/Walks 10.30 Piano Lady 12.00 Chinese Lunch 1.30 Movie 1.45 Coffee & Specs 2.00 Bingo	26 10.00 Exercises/Walks 11.00 Uniting Church 11.00 Music in Wing 2 1.30 Cobram Harmonys 4.00 White Board Quiz	27 9.45 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	28 10.00 Exercises Hangman Movie	29 10.00 Exercises/Walks 11.00 Reminiscing 1.30 Movie
30 10.00 Exercise/Walks 11.00 Jigsaw Morning 1.30 Movie 2.00 Anglican Church 2.00 Easter Craft	31 9.30 Catholic Church 10.15 Carpet Bowls 1.30 Trivia Quiz 3.30 Garden Walks				March Birthdays Monica Ivers 6th Denise Ryan 7th Lois Wilson 10th Nancy Wheeler 11th  Annie Forrester 16th Margaret Jones 17th Ivan Boldt 26th Bob Amezdroz 27th Jessie Jolley 29th	