

What's The Point?

May
2015



Woods Point were fortunate to have a visit in April from the Sun Country Car Club. There were approx half a dozen or so cars on display in our car park for residents, staff and visitors to view.

The residents enjoyed wandering amongst the cars, talking to the owners and perhaps



reminiscing about cars that they may have once owned themselves.

Hopefully we can organise this again for spring and have a few more cars in attendance and fill the car park with vintage cars.



*"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 representatives are
invited to attend these meetings.

Thursday May 7th

Podiatrist Visit



May
11th

Tegan's Enchanted Beauty Waxing

Tegan's next visit will be
Friday 15th May

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

Mother's Day

A mother is a treasured gift
of love that's deep and true.
You know she's always standing by
to guide and comfort you.
A mother, with unfailing strength
can keep you safe from harm....
And yet you feel the softness of
her gentle grace and charm...
A mother gives encouragement
With wisdom and a smile...
She understands your hopes and dreams
And makes them seem worthwhile...
A mother's always in your heart
Wherever you may go...
She's part of everything you do,
That's why you love her so.

We wish all
of our
Mother's and
Grandmother's
"Happy
Mother's
Day"

Resident Exercises



Each weekday residents attend either exercises in the main lounge or a walk outside in the grounds of the facility.

Recently, the residents were challenged in their exercise program by fellow resident Tim Crossin.



Tim had the residents moving every body part from head to toe.

And even some of the staff got involved.

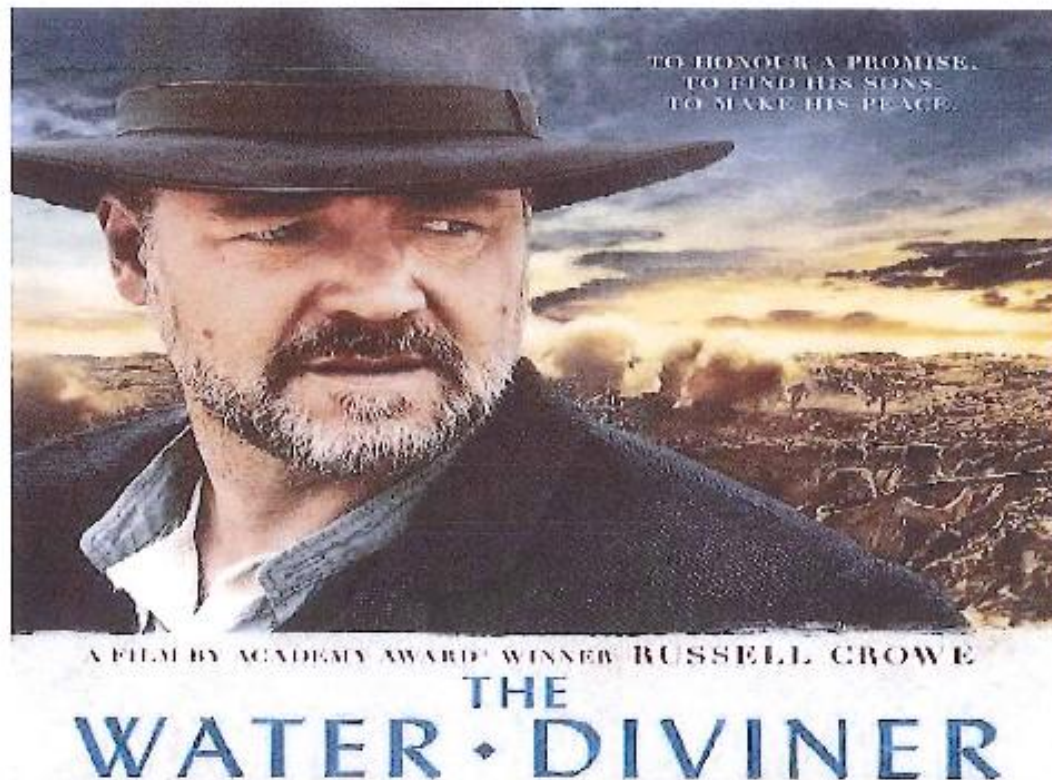
We look forward to more residents taking the lead in our exercise program and hopefully Tim

will be happy to run the session again soon.

We invite all residents to take the initiative and run or initiate an activity for the other residents to participate in.

Just speak with the staff in red shirts.

MONTHLY MOVIE NIGHT
7 PM: THURSDAY 7TH MAY
IN
MAIN LOUNGE



Monday Night Cards

Card games being held in Wing 1 lounge each Monday evening from 6pm on.

All players welcome!

We are looking for new players with new ideas for different games that can be played. Please come along next Monday and join in the fun.



Some of our Easter Bingo Winners



How can social issues affect the life and health of seniors?

Social issues can have a significant impact on life and both physical and mental health of seniors. Some of the major contributors to social and psychological problems for seniors are as follows:

- . Loneliness from losing a spouse and friends
- . Inability to independently manage regular activities of living
- . Difficulty coping and accepting physical changes of aging
- . Frustration with ongoing medical problems and increasing number of medications
- . Social isolation as adult

children are engaged in their own lives

- . Boredom from lack of routine activities

These factors can have a negative impact on overall health of an older individual. Addressing these psychosocial problems is an integral component of seniors' complex medical care.

What we need to remember as we move into the colder months and tend not to go out much is that we still need social interaction, don't stay in your room during winter just because it might be warmer there. Take up relatives and friends offers to go out and

about, just remember to rug up when you do.

Continue to participate in the activities that the facility organises such as daily exercises, outings, bowls etc. Express any medical concerns that you have with the staff who will either assist you or refer you for an appointment with the Doctor if need be.

Understand that the staff are here to assist you to live your life just as you would have at home; only with a little bit more help for those task that you can't do by yourself anymore.

And smile each day - because you can!

Molly

This month we had a new visitor to Woods Point, her name is Molly.

Molly is a 3 year old Labradoodle / Retriever, that means she is a Labrador, Poodle and Retriever cross.

Because of this mix Molly has a lovely soft nature and is always ready to say hello to anyone she meets. Molly came to visit residents this month and enjoyed it so much she will be coming back on a regular basis.

Her owner – Jodie from our environmental department has offered to visit with Molly regularly for the residents to enjoy. Thank you Jodie.



Carpet Bowls News

This month has seen an influx of new players. We have some excellent competitors amongst our residents.

There is still room for more residents to join Joanne and D.T staff on Tuesday mornings.

Monthly winners were:

1st Tim Crossin

2nd Joy Duus

3rd Merv Simpson

We hope to see even more residents in the main lounge each Tuesday morning for a 10:15 start.

The fabulous part is that even our wheelchair bound

In Memory

We sadly farewelled Tom Ryan at the end of March. Tom and wife Denise moved to Woods Point in 2011 and we extend our deepest condolences to Denise and the Ryan family.

We said goodbye to Mary McGowan in April. Mary had only been with us at Woods Point for a short time. We extend our condolences to Mary's family.

Meals and Supper

All residents, with the exception of those who are unwell, are expected to have meals in the dining room. This includes supper which is served each evening at 7pm.



Care staff are time limited and not able to serve individual residents meals in their rooms, therefore we request that you attend the dining room at these times.

Birthdays



Frank Elliott 13th May

Nola Edis 15th May

Ernie Ryan 17th May

Respect Privacy

Residents are not permitted to enter another residents room without firstly seeking permission to do so and secondly advising staff. Please respect the privacy of each other and follow these rules.

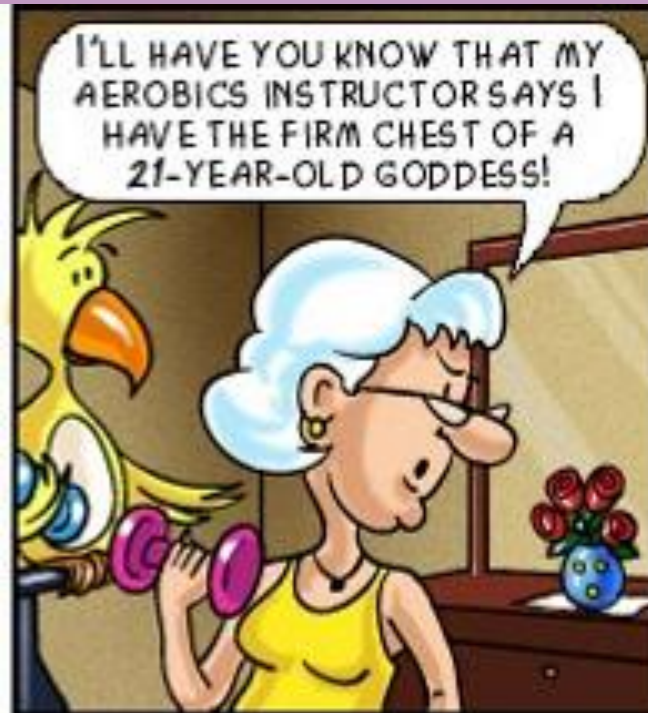
Extension Update



Time for Fun!



An old woman was arrested for shoplifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She re-



plied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail--one day for each peach."



As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?"



The husband said, "Your honor, she also stole a can of peas."



Friends In Common

The six ladies who are pictured here are all part of the wonderful team that is Friends In Common.

They visited recently and gave a fabulous talk to our residents about their group and what they do.

Friends in Common was formed in 2000 by a small group of six Yarrawonga residents all going through cancer treatment at the Murray Valley Private Hospital in Wodonga.

This group met on a weekly basis to support one another to help get through their illness. They began referring to each other as "Friends in Common". One of the hardest things they were facing was the travel costs for

treatment. Accommodation and fuel costs are only covered by Government subsidy if you live more than 100km from the treatment centre. Yarrawonga is 97km from the city of Albury/Wodonga. Just 3kms short! They saw the need to help cancer sufferers in their local area.

A committee was formed under the leadership of Marj Haebich as President in 2003. "Friends in Common" became an Incorporated Association in 2008. Currently there are twenty eight members who work



very hard to raise funds needed to support local people and their families as they undergo treatment for cancer.

After the talk, they chatted with the residents over afternoon tea.

We thank them for the valuable work that they do for our community and for the time taken to come and be with us at Woods Point.

Expected Outcome 3.5 Independence

The expected outcome of 3.5 Independence requires that:

Residents are assisted to achieve maximum independence, maintain friendships and participate in the life of the community within and outside the residential care service.

The focus of this expected outcome is 'results for residents' and may be as follows:

- Management demonstrates that resident's achievement of maximum independence and, maintenance of friendships and participation in the life of the commu-

nity are appropriate to their needs and preferences.

- Residents / representatives confirm they are satisfied with the assistance provided by the home in relation to residents' independence, maintenance of friendships and participation in the life of the community, within and outside the home according to their individual needs and preferences.

From the staff's perspective: We see our role as carer's rather than enablers. If we examine this, most of the tasks we do, enable our Residents to live their life as fully as possible – whether it is showering, dressing, giving medications, getting to the dining room or providing an activity – we assist you in living your life. Yet the complaint often is that we are controlling your life.

If we see ourselves as enablers rather than carers we can facilitate, make possible and allow.

Although your safety in the



Expected Outcome 3.5 Independence

facility is a priority, thinking about what we can do for you to promote independence is the most important consideration.



Providing Residents with independence is a challenge because together we must work out your understanding of abilities, strengths and priorities, and remember that sometimes it is your choice to undertake a task or make a particular decision.

We as staff at Woods Point must stay focused on what Residents can do, rather than what they cannot do.

Here are some examples how:

- ✦ Visitors are promoted to come and provide entertainment, services and spend time with our Residents. Families and visitors able to share meals and activities with Residents.
- ✦ Regular shopping trips to town and assisting with running of some activities.
- ✦ Involvement in the activity program that meets your needs.

- ✦ Having your say as to what you want to do and what you need assistance with, though a variety of formal and informal mediums.



- ✦ Utilisation of the services to come and collect Residents to continue contact with community.
- ✦ Sourcing vision, hearing and communication needs e.g.: Vision Australia talking books.

Expected Outcome 3.5 Independence

- ✦ Regular service from Religious denominations
- ✦ Set small achievable goals to promote confidence. People can be easily discouraged when a task is too difficult. For instance, instead of asking a person to walk a long distance get them to take a small number of steps each day gradually increasing the distance until they reach their goal.
- ✦ Encourage and provide the use of assistive devices and independent living equipment.
- ✦ Active support for local bus service to take Residents to town and re-

turn, waiting in anticipation for you to return!!

Giving Residents independence requires soul searching on the part of the staff – what is the worst that can happen?

At Woods Point Aged Care we endeavour to promote independence for our Residents and to enrich your lives. Nurses and Carers have a habit of taking over to ensure their role is fulfilling and at times it can be quicker for staff to complete task rather than assist and wait till you have completed the task. If this is something that concerns you

please speak to care staff or myself so we can enhance and support rather than take over! We need to all encourage a person to use the skills they have.

NO THANKS I CAN DO IT MYSELF

It is our responsibility to empower people to maintain, improve and retain your independence and to let you make your own decisions.

Having a task to accomplish gives people a reason to participate in life.

Marita Seamer
Director of Nursing

What ANZAC Day Means to Jean Townley

Teresa 'Jean' Mitchell was born in West Wyalong, NSW in 1923. She was raised with 3 sisters and 4 brothers in the small town of Burgooney. The family lived there until 1939 when they



moved to Temora and Jean began working as a waitress before joining the RAAF at the age of 17. Jean served for 4 years as Ground Staff, Stewardess and rose to Corporal Stewardess.

Jean's first posting was with the Uranquinty Flying Training School where she was assigned to officers quarters assisting the commanding officer.

Jean was transferred to Temora Flying Training School, then onto Penrith before returning to Temora to take charge of the Officers and Sergeants quarters. Jean also served time



in Parkes and Bradfield Park, QLD before leaving the service in 1946 to marry William Townley who was serving in the Royal Navy of England.

Together with husband William and baby Barry they travelled to England where they lived for 3 years during which time they had their second child before travelling back to live in Australia.

What ANZAC Day Means to Jean Townley

William and Jean went on



to have 6 more children. Jean has a strong military connection with her brother Ted and brother-in-law Thomas both serving in the RAAF. Eldest son Barry joined the Royal Australian Navy in 1963 and served time in Borneo, Malaysia

and Vietnam. Son Gordon also served time in Vietnam as part of the Royal Australian Navy and grandson Brett joined the Army in 2002 and has served time in Iraq, Christmas Island, Malaysia, East Timor and Delhi.

In 2004, Jean was the first female (in Cobram) to stand guard of honour at the altar for Mass on ANZAC Day.

Jean said that she “has not missed a March or Service in over 55 years and always had my daughters, granddaughters and their children march beside me, this year will be the first ANZAC day that my Granddaughter Ebony will not be

marching in over 30 years.” “I feel very proud and honoured to have served for my country, I loved the part that I played and I have integrated everything that I learned into my everyday life. From pride in myself, my home, my family. When I wear my uniform I feel very proud. ANZAC day is a very special day.

We thank Jean and her family for sharing this story with us.

We would love to hear more stories from our residents and invite you to submit your stories to reception for inclusion in our monthly newsletters.

Images from ANZAC day service at Woods Point



Dennis Bailey proudly placed the wreath at the base of the flag pole as part of the services held at Woods Point for ANZAC



Day 2015.

Students from Sacred Heart Primary School sang the national anthem with RSL member John Duncan.

Kath Johnston was pleased to be able to display her service medals and participate in the ANZAC day services. We thank the RSL for this wonderful service for our residents to attend.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May Birthdays Frank Elliott 13th Nola Edis 15th Ernie Ryan 17th 			9.45 Men's Shed 1 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the Kids 3.00 Happy Hour	2 10.00 Walks/Exercises 11.00 Sing-a-long 1.30 Movie	3 10.00 Walks/Exercises 11.00 Quiz 1.30 Movie
4 10.00 Exercise/Walks 11.00 Bobs 1.30 Movie 2.00 Anglican Church 2.30 Sing-a-long 3.30 Quiz	5 9.30 Catholic Church 10.15 Carpet Bowls 1.30 Harmoniques - Songs for Mothers Day 3.45 White Board Game	6 10.00 Exercise/Walks 10.30 Bobs or Putting 1.30 Strawberry Farm 2.00 Bingo	7 10.30 Resident Meeting 11.30 Trivia Quiz 1.00 Friendlies 4.00 Hangman 7.00 Monthly Movie	9.45 Men's Shed 8 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the Kids 3.00 Happy Hour	9 10.00 Walks/Exercises 11.00 Trivia Quiz 1.30 Movie	10 10.00 Walks/Exercises 11.00 Bobs 1.30 Movie
11 10.00 Exercise/Walks 11.00 Bobs 1.30 Movie 2.00 Anglican Church 2.30 Trivia Dice 3.30 Hangman	12 9.30 Catholic Church 10.15 Carpet Bowls 1.30 Shopping 4.00 Quiz	13 10.00 Exercise 10.30 Piano Lady 12.00 BBQ Lunch 1.30 Activity Meeting 2.00 Bingo	14 10.00 Exercise 11.00 Scrabble 1.30 Op Shopping 3.30 Trivia Quiz	9.45 Men's Shed 15 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the Kids 3.00 Happy Hour	16 10.00 Walks/Exercises 11.00 Reminiscence 1.30 Movie	17 10.00 Walks/Exercises 11.00 Bobs/Golf Putting 1.30 Movie
18 10.00 Exercise/Walks 11.00 Bobs 2.00 Anglican Church 2.30 May Birthdays	19 9.30 Catholic Church 10.15 Carpet Bowls 1.30 Shopping 4.00 Reminiscence	20 10.00 Exercise 11.00 Bobs 1.30 Movie 1.45 Coffee and Specs 2.00 Bingo	21 10.00 Exercise 11.00 Scrabble 1.30 Movie 2.00 Bundalong Cafe 3.30 Hangman	9.45 Men's Shed 22 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 2.00 Meet the Kids 3.00 Happy Hour	23 10.00 Walks/Exercises 11.00 Quiz 1.30 Movie	24 10.00 Walks/Exercises 11.00 Bobs 1.30 Movie
25 10.00 Exercise/Walks 11.00 White board Game 1.30 Movie 2.00 Anglican Church 2.30 Bobs 3.30 Quiz	26 9.30 Catholic Church 10.15 Carpet Bowls 1.30 Shopping 4.00 Memory Quiz	27 10.00 Exercise with Tim 10.30 Piano Lady 1.30 Joyce Gang 3.30 White Board Game	28 10.00 Walks/Exercises 11.00 Uniting Church 11.00 Bobs 2.00 Bakery 3.30 Quiz	9.45 Men's Shed 29 10.00 Exercises/Walks 11.00 Word Challenge 1.30 Kiosk and Quiz 1.30 Boronia Singers 3.00 Happy Hour	30 10.00 Walks/Exercises 11.00 News and Views 1.30 Movie	31 10.00 Walks/Exercises 11.00 Movie Cards 1.30 Movie