

What's The Point?

September
2015

During a recent day of spring-like weather a number of residents took their morning exercise down by

the lake.

Having anticipated some ducks needing a feed the residents had taken some bread scraps from the kitchen.

However, the ducks didn't get a chance at the scraps as these two plucky pelican's decided to keep it all for themselves.

With Spring upon us, we hope to experience more of these beautiful days wandering along our glorious fore-shore.



Tegan's Enchanted Beauty Waxing

Tegan's next visit will be Friday 11th September
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
September 3rd



"Happy Hour" is hosted 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
September 14th



Out and About



Once of our favourite destinations on our outings is the The Big Strawberry in Koonoomoo.

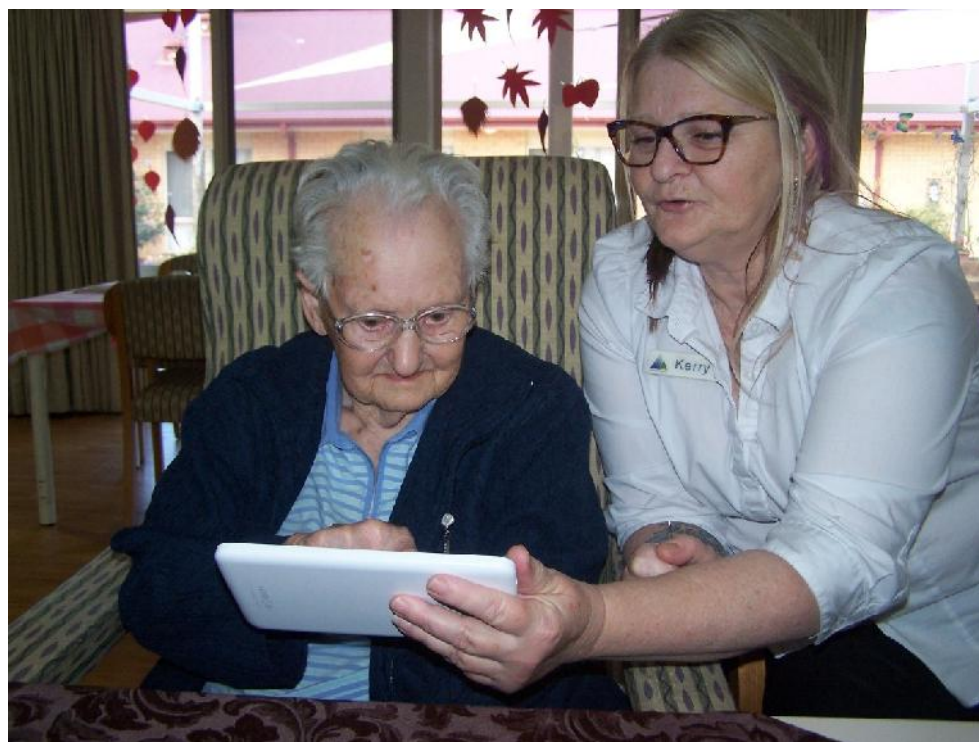
The residents always enjoy the afternoon tea and not many of them come home without having spent a few dollars on the various products that are on offer, including strawberry jam of course.

Techno Savy

In this techno savy world it's easy for some to be left behind. But not here at Woods Point.

Our residents enjoy spending time on the tablet playing games, doing puzzles or even just looking photo's of family and loved ones.

Kerry is assisting Norma in a game of concentration.



Meet our Podiatrists

Brothers and Podiatrists Dan and Rod Foord have been visiting Woods Point residents since October 2014.

This month we asked them a bit more about themselves:

Rod, the eldest of the siblings has been a practising podiatrist for 5 years and became interested in podiatry after suffering from foot and ankle issues growing up as a kid. A natural interest in foot related issues was sparked, leading me to apply for a position at La Trobe University.

Dan, to some degree fell into podiatry. Having always



had an interest in health and improving the wellbeing of others, but not exactly sure which field he wanted to pursue with the health industry. Having an older

brother studying and enjoying podiatry, influenced Dan a great deal in his choice. And he says that he hasn't looked back in the 4 years since obtaining his qualification!

The role of a podiatrist at Woods Point entails the prevention, diagnosis and treatment of conditions of the feet and lower limbs. The primary role at Woods Point is to maintain the health of all the residents' feet.

Meet our Podiatrists

Some of the conditions they can help you with are skin and nail disorders, corns, calluses and ingrown toenails.

We asked them both what the best thing about being a podiatrist was:

Dan said that being able to chat with and get to know his patients was one of the best things. “Everyone has a story to tell and I love to hear them”.

Rod said that being able to reduce his clients pain was



one of the best things, but “making them smile with a bad foot joke” was also a favourite thing.

And of course, you can’t have the good without the

bad, so what’s the worst thing?

Rod said that it would be “people showing you their feet in pubs, parties, social events, on holiday or on the bus.”

And Dan claims that the occasional smelly foot was on his list. He said “I’ve become somewhat ‘desensitised’ to the smelly feet, so if I can smell it, you know it’s bad!”



Resident fridges

These are cleaned monthly by our cleaning staff, however they are the responsibility of the resident and/or their family members.

We remind families to check



fridges regularly and dispose of mouldy or off food. Dating of food can also assist in alerting staff to when they food was bought in and when it should be disposed of.

Thank you for your assistance.

Spring Clean

Many residents have unwanted, unused and excess items in their rooms.

E.g.. Fridges, clothing, furniture.

Sometimes these items clutter up a room and can cause distress for residents with dementia who may need an uncluttered environment.

If a resident is no longer able to use the item (fridge) please consider removing them from the room.

Excess clothing and furniture can be donated to the local opportunity shops who a l w a y s w e l c o m e your generosity.



In Memory

Our sympathies are extended to the families of Marg Jones, Harley Meghan, Bob Amezdroz and Heather Miles who have all passed away during August.

Rod Mortison
Masseuse

½ hour for \$20.

If any resident is interested contact reception for details

Happy Birthday

Ted Isherwood - 1st

Marg Butler - 2nd

Frank Preston - 3rd

Reg Crook - 4th

Jim Sanderson - 4th

Norma Woods - 14th

Mona Atkin - 15th

Shirley Martin - 19th

Vera Needham - 21st

Lorraine Myers - 29th



Staff Survey

A staff survey was undertaken in August with a result of **97 % satisfaction!**

From the very many discussions and interactions with residents and families and friends – this result is our evidence of what you tell us in the majority of cases.

The results show that Woods Point has a positive and productive workforce who care about and value their roles, continually try to make things better, and the outcome is great care and service with a smile!

Well done to Woods Point staff!



Chronic diseases

Chronic diseases can affect you at any stage of life, however the chances of developing certain chronic diseases as we age can increase substantially.

A chronic disease is a long term condition that generally does not get better on its own. And generally is never cured completely. Having one chronic disease can lead to other health complications and other chronic diseases.

Some of the most common chronic disease that older people may encounter include:

- * Asthma;

- * Arthritis;
- * Cancer
- * Kidney disease
- * Chronic obstructive pulmonary disease;



- * Coronary heart disease;
- * Dementia;
- * Diabetes;
- * Mental health conditions (such as depression);
- * Oral disease;
- * Osteoporosis;
- * Stroke.

Being in aged care means that you have lots of assis-

tance with managing these diseases should you encounter them.

Consulting with the staff, the visiting doctors and your family members is the first way of alerting others to the issue. The doctor might refer you for tests and may also prescribe medications for you.

In some instances they may also suggest consultations with the many allied health professionals that visit Woods Point:

- * Speech pathologist,;
- * Dietitian;
- * Physiotherapist;
- * Diabetic Educator;

Chronic diseases

* Podiatrist.
These professionals are all able to assist with various aspects of your disease management.

For example - working closely with a dietitian can assist with managing diabetes, kidney disease and coronary heart disease, amongst others.

Someone with chronic obstructive pulmonary disease (COPD) may wonder why the physio needs to see them, but it's part of a holistic approach to the treatment of chronic disease. Our allied health professionals here at Woods Point

see various residents for a wide variety of reasons.



Working together with the staff, the GP and the allied health professionals will see that a resident receives

best care and has the best possible outcomes.

Remembering that generally chronic disease is never fully cured, the best possible outcome is that it is managed well and impacts as little as possible on your life and your lifestyle.

Often decisions are made by the health care professionals that you are unsure about. Speak with them to get a full understanding of why these decisions are being made and remember that their priority is your health and wellbeing and that these decisions are made with that in mind.

Information systems

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.

Information systems is expected outcome 1.8 of the 44 Accreditation standards assessed by the Accreditation Agency

The expected outcome of 1.8 – Information systems requires that: Effective information management systems are in place.

This is achieved by an organisation wide approach to all

aspects of information.

These are some of the ways we comply with this standard:

The implementation of Autumn Care which is the computerised care planning system has replaced the paper based system we were using and has been the greatest initiative with our information systems in 2015.

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 processes. 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 are now 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



Information systems

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 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.

Ultimately staff will become more proficient with documentation and less duplication with the aim to provide more contact hours with staff

and residents and improved efficiencies throughout the facility and assist staff with their current workload.

This has been a great initiative and endorsed by all staff with fantastic outcomes and feedback.

Policies and procedures govern information management and are available in hard copy and electronically.

There is a process for systematic review and update in line with legislative changes, best practice, improvements and results of audits and reviews.

Computers are located throughout the home and internet and policy access is available to all staff.



Information systems

Electronic databases and spreadsheets are used for documenting and analysing key information such as human resources, maintenance, improvements, incidents and complaints. Electronic information is password protected with restricted levels of access. There is a process for back up of electronic information and an IT consultant provides support and reviews organisational requirements routinely.

Notice boards, white boards, memoranda and newsletters support communication throughout the home.

A committee structure is in place and minutes are circu-

lated.

Electronic supplier agreements are also in place designed to assist aged care facilities in handling the process of generating supplier agreements as required by the Aged Care Act 1997.

Supplier database and individual agreements are at our fingertips with an alert system in place to identify due certificates and emails sent directly to supplier. This has enabled improved com-

pliance with certificates and requirements due to the alert system.

Care staff carry DECT (digital enhanced cell telephone) phones that link with the main switchboard and there is a public address system available for announcements.

There are processes for the secure storage, archiving and destruction of confidential documentation.

The capital program includes identifying and planning for improvements to the information management system.

Marita Seamer
Director of Nursing.



Extension Update



1. Connecting the old plumbing with the new.
2. Bathrooms are tiled and flooring is down.
3. Doors are going up throughout the building.

The plans are for the opening of the new building to happen 8 weeks from now. The demand for these extra beds is currently very high and we should be able to fill them quickly.

An open day will be conducted in October and all residents will have the opportunity to view the extension prior to the open day.



Time for Fun!

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued.

At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colors yourself!"

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.



"They use him to keep crowds back," said one child.

"No," said another. "He's just for good luck."

A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

Fun Facts:

- ✦ Fingernails grow nearly 4 times faster than toenails!

- ✦ Men are 6 times more likely to be struck by lightning than women!
- ✦ One quarter of the bones in your body are in your feet!
- ✦ Chewing gum while peeling onions will keep you from crying!
- ✦ The king of hearts is the only king without a moustache on a standard playing card!

Volunteers

Woods Point Aged Care are fortunate to have ten permanent and three semi-permanent volunteers.

We also have a couple of volunteer entertainers in Barbara Hird and David Evans who visit regularly to play the piano.

We are elated at the positive results and the huge benefits these volunteers bring to the residents.

They are instrumental in

value adding to the activity program whether it be craft, mind games, physical games, exercises, kiosk, 1 on 1 conversations.



You will see our Volunteers in purple shirts so introduce yourself, have a chat and

get to know our fabulous volunteers.

Recently our “Craft Ladies” - those who busily work to make craft items which are then sold to residents, visitors and staff - made a generous donation to Woods Point.

Buying a new portable PA system with the proceeds from their craft stalls.

This generous donation is greatly appreciated and will be used frequently.

Thank you to those hard-working volunteers who contributed to this donation.

Goulburn & Ovens

September 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10.00 Catholic Mass 10.00 Carpet Bowls 1.30 Shopping 1.30 Movie 3.30 Quiz	2 9.15 News and Views 9.45 Exercises/Walks 11.00 Bobs 1.30 Movie 2.00 Bingo	3 10.00 Exercises 10.30 Resident Meeting 11.30 Quiz 3.30 Reminiscence 1.30 Friendlies 7.00 Monthly Movie	4 9.40 Men's Shed 11.00 Word Challenge 1.30 Kiosk and Movie 2.00 Meet the kids 3.00 Happy Hour	5 10.00 Exercises/Walks 11.00 Hangman 3.00 Footy on TV	6 10.00 Exercises/Walks 10.45 Scrabble 1.30 Movie 3.00 Footy on TV
7 10.00 Exercises/Walks 11.00 Bobs 1.30 Short Stories 2.00 Anglican Church 3.00 Sing-along	8 10.00 Catholic Church 10.15 Carpet Bowls 1.30 Cobram Harmonqs 3.30 Hangman	9 9.15 News and Views 9.45 Exercises/Walks 10.30 Piano Lady 1.30 Movie 2.00 Bingo	10 10.00 Exercises/Walks 10.30 Golf Putting 1.30 Lake Walks 3.30 3AW letters	11 9.40 Men's Shed 11.00 Word Challenge 1.30 Kiosk and Movie 2.00 Meet the kids 3.00 Happy Hour	12 10.00 Exercises/Walks 11.00 Bobs 3.00 Footy Finals on TV	13 10.00 Exercises/Walks 10.45 Scrabble 1.30 Movie 3.00 Footy on TV
14 10.00 Exercises/Walks 11.00 Bobs 1.30 Quiz 2.00 Anglican Church 3.00 Sing-along	15 10.00 Catholic Church 10.15 Carpet Bowls 1.30 David Evans 2.30 Monthly Birthdays	16 9.15 News and Views 9.45 Exercises/Walks 10.30 Golf Putting 1.30 Movie 2.00 Bingo	17 10.00 Exercises 11.00 Parachute Game 1.30 Bundalong Café 1.30 Movie 3.30 Quiz	18 9.40 Men's Shed 11.00 Word Challenge 1.30 Kiosk and Movie 2.00 Quiz & Reminisce 3.00 Happy Hour	19 10.00 Exercises/Walks 11.00 3AW Letters 1.30 Movie 3.00 Footy Finals on TV	20 10.00 Exercises/Walks 11.00 Short Stories 1.30 Movie 3.00 Footy Finals on TV
21 10.00 Exercises/Walks 11.00 Hangman 1.30 Short Stories 2.00 Anglican Church 3.00 Sing-along	22 10.00 Catholic Church 10.15 Carpet Bowls 1.30 Movie 2.00 Scrabble 3.30 Target Master Words	23 9.15 News and Views 9.45 Exercises 10.30 Quiz 11.00 Uniting Church* 1.30 Movie 2.00 Bingo	24 9.15 News & Views 10.00 Exercises/Walks 11.30 12.00 Macca's Lunch 2.30 Quiz	25 9.40 Men's Shed 11.00 Word Challenge 1.30 Kiosk and Movie 2.00 Quiz & Reminisce 3.00 Happy Hour	26 10.00 Exercises/Walks 11.00 Hangman 1.30 Movie 3.00 Footy Finals on TV	27 10.00 Exercises/Walks 11.00 What am I? 1.30 Movie 3.00 Footy Finals on TV
28 10.00 Exercises/Walks 11.00 Quiz 1.30 Sing-along 2.00 Anglican Church 3.00 Quiz	29 10.00 Catholic Church 10.00 Carpet Bowls 12.00 Burkes Hotel 2.30 Golf Putting	30 9.15 News and Views 9.45 Exercises/Walks 10.30 Bobs 1.30 Movie 2.00 Bingo	*Please note change of day for Uniting Church Service.			