

# What's The Point?

April  
2016



Woods Point turned a little bit green on March 17th in honour of St Patrick's day. There were a few leprechauns floating around dispensing good luck and gold coins too!



St Patrick's Day Fun



## Tegan's Enchanted Beauty Waxing

Tegan's next visit will be  
Tuesday 5th April

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.



*"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  
April 11th





## Food safety regulations

Whilst the residential care facility is the resident's home, due to food safety requirements, staff cannot be responsible for food brought in by residents or their relatives.



Foods of *high risk* such as, poultry, seafood, dairy products, meat and small goods (e.g. sliced ham, roast beef, chicken), eggs, rice, pasta

brought in by the resident

or relatives /friends must be kept at an acceptable temperature by bringing it in a suitable container such as; insulated bag  $\pm$  an ice brick or a thermos flask and consumed at the time of being brought to the facility. Staff must not store these food items or reheat them.

Foodstuffs with any potential contravention to the Food Safety Regulations must be disposed of by resident, representative and/or staff. This includes foodstuffs stored in resident rooms.

Food of low risk such as; biscuits, unfilled cakes,

fruit, lollies are acceptable to be stored and served.

## Food Allergy

**You must not give brought in food to other residents not only because of the food safety requirements but because the resident may have a medical condition that may prevent them**



**from eating the food including the possibility that they may choke.**



## Easter at Woods Point





## More photo's from March

Stuart and Enid Lonie celebrate their 65th Wedding anniversary.

St Pat's fun for staff an residents.

The school kids visit with Easter messages.



## Spending Money

A sum of money was paid directly into our bank account in early February with the only reference being “Spending Money”

This money remains unclaimed and we are hoping that someone is able to come forward and claim the funds.

If you believe this is your money can you please contact Vicki or Janelle on 5744 3400 to discuss.

We will require proof of deposit prior to allocating the funds.



## 2016 Resident Footy Tipping Competition

The 2016 AFL Football Season is underway – so too is the 2016 Woods Point Residents’ Football Tipping Competition. This year we have 32 keen residents playing – each one striving to pick up a fair share of the \$640 Prize Pool and hoping to see their name added to the Woods Point Football Tipping Perpetual Trophy which sits in pride of place on top of the piano in the Main Lounge.



As we write this Newsletter, Round 1 of the AFL Season 2016 has already been played over the final weekend in March, and – as

shown on the Footy Tipping Scoreboard on the wall just outside the Hairdresser’s Salon – the front-runner at the completion of Round 1 is Alice Lindhe with 8 correct tips. Alice is closely followed by Dennis Bailey, Ernie Ryan, Tim Crossin and Carl Martin, all on 7. But the big question remains ... will these “front-runners” still be leading at the end of Round 23? ... Of course, only time will tell.

In the meantime, we wish each Tipster the very best of luck for season 2016.



Geelong Cats



Melbourne Demons



St Kilda Saints



Gold Coast Suns



North Melbourne Kangaroos



Sydney Swans



## Advanced Care Planning – What does this mean:

Each year half a million Australians experience the impact of terminal illness and the capacity of our health services to respond is often limited. Appropriate End of life care, treatment and communication is vital information needed by all health professionals. Increasingly, patients and residents are expressing the wishes on what care they would like through an advanced care plan.

A recent article by Australian authors in the BMJ states:

*There has been an increasing awareness of the inadequacy of end of life care and of the poor knowledge of*

*residents wishes about their medical treatment at a time when they lose the capacity to make decisions, resulting in residents being cared for in a way they would not have chosen.*

Advanced care planning is an essential form of resident centered care that helps residents to reflect on what is important to them, on their beliefs, values, goals and preferences in life and leading to an agreement - ideally reached with their families as well as health care providers – about how residents want to be cared for if they reach a point where they can no longer communicate their wishes about

medical care.

Enabling residents to choose how they would like to be cared for near life's end is important because 85% of patients die after a chronic illness: 50% are not in a position to make a decision about treatment near the end of life: patients' relatives frequently don't know what their loved ones want: and doctors may provide aggressive treatment for patients who would not want it.



Above all many residents are kept alive in circum-

## Advanced Care Planning – What does this mean:

stances they would not choose.

Advanced care planning must include:

- \* Clarifying a residents understanding of their illness and treatment options
- \* Understanding their values , beliefs and goals of care
- \* Identifying their wishes.
- \* Systems and processes are in place to ensure everyone is aware and follows the individual's wishes.

Research has shown that good advance care planning with residents in Residential Aged Care facilities has reported:

- \* 20% fewer acute hospital admission from patients with advance care plans
- \* No increased mortality associated with staying in the Residential Aged Care facility compared with transfer to acute care
- \* 90% residents wanted to die in the aged care home and 88% of residents with advanced care plans did so.
- \* 70% of residents without plans died in acute care hospitals in unfamiliar surroundings with unfamiliar staff.

Woods Point staff respect the dignity of every resi-

dent, irrespective of their physical or mental condition.

This is a difficult topic to discuss however we need all residents and their representatives to consider what medical treatment is appropriate and the likely success of the interventions you decide.

As per the Medical Treatment Act 1988: In Victoria, any legally competent adult may refuse treatment for any current condition. A properly appointed Medical Power of Attorney may refuse treatment on the patient's behalf, but only if the patient is legally incompetent.



## Advanced Care Planning – What does this mean:

### **What treatment can I refuse?**

You can refuse almost any medical treatment. Medical treatment means the carrying out of an operation; or the administration of a drug or other like substance; or any other medical procedure; but does not include palliative care. You can refuse life-sustaining treatments, including resuscitation, being put onto a breathing machine and being fed through a tube.



### **What can't I refuse?**

A refusal of treatment certificate specifically excludes refusing palliative care, namely reasonable medical procedures for relieving pain, suffering and discomfort.

**These palliative measures, including medications, are just to control symptoms and provide comfort.**

### **What do I have to do?**

You or your representative must have enough information about your condition to be able to make a decision about whether or not to refuse treatment in general, or to refuse a particular

treatment.

### **How is refusal notified?**

When you are satisfied that you understand both your condition and the treatment, complete a Limitations of Medical treatment form (available from Myrtleford Lodge) with your medical practitioner and myself. Your specific instructions about palliative care can be included in the certificate.

### **Can I change my mind?**

A refusal of treatment can be withdrawn at any time, provided that you are legally competent. You can communicate the withdrawal by any means. The

## Advanced Care Planning – What does this mean:

withdrawal does not have to be written.

We have had a number of resident's state they would like to have full active resuscitation but do not want to be left with brain damage or residual deficits. Unfortunately we cannot guarantee this and needs to be taken into consideration when you are completing the form. Cardiopulmonary resuscitation is rarely effective for elderly patients due to the number of comorbidities, they have, health status and age which can result in poor health outcomes for the resident.

Advance Care Planning is an important process. It in-

volves talking with friends and loved ones about your future health care wishes, documenting what you may or may not want and it can include appointing a substitute decision maker. It enables you to take control of your future health care and treatment if you are not able to communicate your wishes.

Advanced care plans get people thinking and talking – to their families and to their doctors. They give residents a voice, and provide health professionals with clear indications about choices at the end of life.



We are introducing a document called an “Advanced Care Plan”

so over the next few months will be meeting with you all to discuss. I encourage all residents and representatives to discuss the treatment you would like to be implemented in the event of deterioration in health or disease condition with either the Registered Nurses and/or your local doctor.

Thank you  
Marita Seamer  
Director of Nursing



# In Memory

Woods Point residents and staff extend deepest condolences to the families of Rosemary Skinner, Beverly Brooks and Anne Forrester who all passed away during March.



Day Light Savings end this Sunday April 3rd. Turn your clocks back 1 hour!

## Easter Bingo

Residents at Woods Point played their Easter Bingo winning hampers of Easter eggs to share with their families, at Easter time.

Lots of laughter and cheering could be heard from the residents as they scooped up the winnings after each round.

## Winter Woolies

Just a reminder if you families bring in new clothes over winter please leave them at reception to be labelled prior to handing to the resident.



Happy April Birthday

Bob Nevin 4th  
Marie Ludeman 4th  
Edna Gamble 6th  
Harry Fynmore 7th  
Alison Andrews  
Dot Glasgow 11th  
Len Cam 11th  
Cal Martin 13th  
John Grant 14th  
Joyce Cameron 19th

## Laughter is the best medicine!

Vincent is sitting on his front porch watching the sun rise. He sees the neighbor's kid walk by carrying something big under his arm. "Hey boy, whatcha got there?" "Roll of chicken wire." "What you gonna do with that?" ... "Gonna catch some chickens." "You damn fool! You can't catch chickens with chicken wire!" The boy just laughs and keeps walking. That evening at sunset, the boy comes walking by, dragging behind him the chicken wire with about 30 chickens caught in it. The next morning, Vincent is out watching the sun rise and he sees the boy walk by carrying some-

thing in his hand. "Hey boy, whatcha got there?" "Roll of duct tape." "What you gonna do with that?" "Gonna catch me some ducks." "You damn fool! You can't catch ducks with duct tape!" The boy just laughs and keeps walking. That night around sunset the boy walks by, trailing

behind him the unrolled roll of duct tape with about 35 ducks caught in it. The next morning, the old man sees the boy walking by carrying what looks like a long reed with something fuzzy on the end. "Hey boy, whatcha got there?" "It's a pussy willow." "Wait up kid...I'll get my hat."

### What I do when I can't hear someone



-  Tell them I can't hear them.
-  Move closer so I can hear.
-  Repeatedly shout WHAT?!
-  Laugh, and hope it wasn't a question.

Why is it that the one who snores loudest is always the first to fall asleep?





# Goulburn & Ovens

# April 2016

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

				1 9.45 Men's Shed 11.15 Word Challenge 1.45 Kiosk and Quiz. 2.15 Story Reading 3.00 Happy Hour	2	3
4 9.45 Exercises/Walks 10.30 Bobs 1.45 Blooms Fashion 2.00 Anglican Church 3.00 Story Reading	5 9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Op Shopping 3.00 Quiz	6 9.45 Exercises/Walks 11.00 Bobs 1.30 Dave Evans 3.30 Quiz	7 9.45 Exercises/Walks 10.30 Resident Meeting 11.30 Scrabble 1.30 Friendlies 3.30 Quiz 7.30 Monthly Movie	8 9.45 Men's Shed 11.15 Word Challenge 1.45 Kiosk and Quiz. 2.15 Story Reading 3.00 Happy Hour		10
11 9.45 Exercises/Walks 11.00 Word Challenge 1.45 Golf Putting 2.00 Anglican Church 3.00 Quiz	12 9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Mulwala Bakery 3.00 Hangman	13 9.45 Exercises/Walks 11.00 Bobs 1.45 Joyce Gang 3.00 Hangman	14 9.45 Exercises/Walks 10.30 Bobs 11.30 Word Games 1.45 Story Reading 3.00 Monthly Birthday	15 9.45 Men's Shed 11.15 Word Challenge 1.45 Kiosk and Quiz. 2.00 Meet the kids. 3.00 Happy Hour		17
18 9.45 Exercises/Walks 11.00 Sing-a-long 1.45 Parachute Game 2.00 Anglican Church 3.00 Hangman	19 9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Bundalong Cafe 3.00 Quiz	20 9.45 Exercises/Walks 11.00 Bobs 1.45 Coffee & Specs 2.30 Bingo	21 9.45 Exercises/Walks 10.30 Scrabble 11.00 Uniting Church 1.45 Scenic Drive 3.30 Word Games and Quiz	22 9.45 Men's Shed 11.15 Word Challenge 1.45 Kiosk and Quiz. 2.00 Meet the kids. 3.00 Happy Hour		24
25  9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Lake Walks 3.00 Hangman	26 9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Lake Walks 3.00 Hangman	27 9.45 Exercises/Walks 11.00 Bobs 1.45 Coffee & Specs 2.30 Bingo	28 9.45 Exercises/Walks 10.30 Golf Putting 1.45 Remember When 3.30 Whiteboard Games	29 9.45 Men's Shed 11.15 Word Challenge 1.45 Kiosk and Quiz. 2.00 Meet the kids. 3.00 Happy Hour		

*Please note  
Weekend  
Activities for  
April will be  
posted on the  
whiteboard  
each morning.*