

# What's The Point?

August  
2016

This group of residents recently rugged up in their winter woollies and braved the cold and windy conditions to travel out to Rich Glen Cafe for afternoon tea.

They soon warmed up inside, sitting by



the fire and tucking into some yummy sweet treats and hot cups of coffee.



Outings to Rich Glen are always popular with our residents and the bus fills up pretty fast.

If you haven't yet been and wish to join the next bus trip please speak to our activities staff members so they can book you a seat on the bus.

## Tegan's Enchanted Beauty Waxing

Tegan's next visit will be Tuesday 9th August.  
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.

"Happy Hour" is now being held on Saturday Afternoons at 3pm in the main lounge.

Come along and listen to some music, enjoy a sherry, beer, wine, shandy or a soft drink & have a chat with the other residents!



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 August 4th

## Podiatrist Visit August 15th





## Country and Western Day

Residents and staff recently had a Country and Western theme day. Staff came dressed in checked shirts, denim jeans and boots. Whilst some of the residents donned a hat to participate in the theme.

Entertainment for the day was provided by Adrian Pawar and there were lots of familiar country tunes for the residents to clap along to.

Theme days are always popular with our staff and the residents get a kick out of seeing the staff display their fun sides.

We'll try to have more of these type of days in future.



## Christmas in July

Woods Point residents were invited to a special luncheon at the Yarrawonga Mulwala Golf Club Resort to celebrate Christmas in July.

This was combined with the monthly Morning Melodies to make it a full day of entertainment.

Staff and volunteers took 25 of the residents across by bus and car and upon arrival they were entertained by Glenn Starr.

The residents enjoyed singing along to popular tunes such as “Rock Around The Clock”, “Missing Something Good”, “Calendar Girl” and

“It’s now or never” to name but a few.

Some of the residents got into the spirit of the day getting up and dancing along.

Everyone then made their way into the beautifully decorated Endeavour Room where they were served a scrumptious traditional Christmas Lunch by the Club’s Directors.

The bus trip home was packed with very full and very happy residents.

(Who was the most popular singer in the 60’s) Johnny Farnham with Sadie....









## Pet Therapy

Some residents have to leave their pets with their families when they move into Woods Point.

Woods Point encourages families to bring these pets to visit as part of the pet therapy program.

Here is Holly with volunteer Brian showing a bit of her dancing skills for the residents.

Holly belongs to Jessie and comes in very often with Jessie's daughter Joan for visits with Jessie and the other residents.

A reminder that all pets that in need to be either on leads, or restrained in some way, to avoid being a trip hazard for our residents.



Merv Simpson - 1st

Faye Douglas - 4th

Keith Phalp - 6th

Mick Clarke - 6th

Elisabetta Alberti - 7th

Rose Lister - 8th

Flo Foster - 14th

Kath Johnson - 18th

Eric Baker - 21st

Marlene Luscombe - 21st



## Bus Trips

Starting in August, Activity staff will be programming a bus run to Belmore Street on a Thursday morning, once a fortnight.

This is to provide the opportunity for those residents who like to attend to their own business, eg – paying their own bills, buying cards or gifts or

maybe a visit to the supermarket or post office.

This is not a social shopping

outing and the bus will drop residents off at the Town Hall at 10.00am, and return to pick up at 11.30am.



These trips will replace the previously run car trips.

For more information please speak with activity staff.

The monthly program will continue to offer our regular shopping trips for those residents who prefer these type of outings.

## 2016 Footy Tipping

We are getting to the pointing end of the season and things are still tight at the top.

Tim Crossin picked 9 correct winners in round 19 to take out the jackpot of \$24 and to help keep in in the running for the first place position.

Tim is currently tied with Don O'Rafferty on 119 and both gentlemen are hot on the heels of our current leader Ernie Ryan. Dennis Bailey has a few to make up in the last four games, currently sitting on 115 he will need to pick well to keep himself in the competition. Still anyone can tip 9 and takeout the round jackpot.

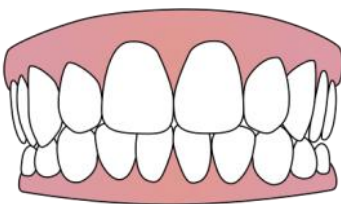
# Oral Health

## Nutrition Matters July 2016 – Healthy Teeth Good Nutrition (excerpt)

The Dietitians' Association of Australia have recently released a position statement on Oral Health and Nutrition with some information and guidelines for the elderly. What do these new guidelines mean for the elderly?

Problems with teeth, gums and dentures can significantly affect the overall well being and nutrition of an older person.

Pain and difficulty with eating can lead to poor levels of nutrition. With pain it



is hard to eat a variety of food textures, causing less variety in the types of food eaten and also puts residents at risk of reduced appetite due to a lack of ability to eat.

On the other hand, having poor nutrition can also lead to poor oral health.

Residents who are dehydrated are likely to have poor saliva flow and a dry mouth, leading to less protective barriers for their teeth and gums. A diet that consists of



sweet, sticky foods, lollies, sweetened soft drinks and sweet drinks are more likely to increase risk of tooth decay.

Grazing on food throughout the day may also increase the time bacteria stays in the mouth, leading to poor dentition. Grazing can be hard to avoid, as older people often eat frequently to combat their small appetites, and many tend to lean towards sweeter foods... It can, therefore be a viscous cycle.

Fortunately, there are still ways we can help improve nutrition and oral health.

**What can we do?**  
We suggest that residents



## Oral Health cont.

are offered a variety of nourishing snacks in addition to main meals. By including home-baked goods, served with dairy products (that are protective of teeth), is a great way to improve oral health and maintain good nutrition. Some simple nourishing snacks based on dairy include: cheese and biscuits or fruit with yoghurt, or cheese scones. The addition of dairy products also can increase protein and calcium intake.

Discourage residents from snacking on boiled lollies or sticky



sweet sugar lollies, not only do these encourage tooth decay but they also do not have much nutrition.

It is also important to clean teeth or dentures after consuming sticky sweet foodstuffs, and/or at least twice daily, wherever possible. If residents are still able to manage their teeth brushing independently, they are encouraged to do so.

There are a variety of toothbrushes available that may improve independence, such as ones that have thick handles that are easier for people with arthritis and/or for



residents with weakness in their arms and hands to use.

Having regular fluids and keeping residents hydrated also keeps their mouth moist which can assist in protecting teeth and making it easier for them to eat.

If residents don't have adequate teeth and are unable to chew certain textures of food, by changing the diet texture may improve their oral intake and hence nutritional status. It is important that the catering team are able to offer texture modified alternatives to meals and snacks.

It's about getting that balance right.

## Opportunity to Improve and Complaints

Management and staff are committed to providing the best care and service to the residents. To assist us to ensure our systems are working well residents and visitors are encouraged to complete an Improvement Form when they identify an area in which we can improve. An Improvement form is included in this booklet with further copies at reception and care stations. Improvement forms can be used for suggestions, compliments or complaints.

Completed Improvement Forms can be posted to the manager or placed in the suggestion box located in

lounge room and Wing 5 reception area

The Director of Nursing is available during office hours if you wish to discuss any concerns.

If residents/representatives would prefer to speak to someone independent of the facility there are services available.

Brochures about these services are available at front reception.

**The Aged Care Complaints Commissioner**

This is a free service for anyone to raise a concern



about the quality of Australian Government funded aged care services

Tollfree: 1800 550 552

Address: GPO Box 9848  
(Your capital city and state/territory)

Online complaints form:

<https://www.agedcarecomplaints.gov.au/raising-a-complaint/lodge-a-complaint/>

**Elder Rights Advocacy**  
(Victoria)

This is a free and confidential service promoting the rights of people receiving aged care services

Telephone: (03) 9602 3066

Tollfree: 1800 700 600

Email: [era@era.asn.au](mailto:era@era.asn.au)



## School Children Visit

At the end of July we had some of the prep children from Sacred Heart pop over for the regular Friday afternoon visit.

The children performed a song for the residents before walking around and chatting with them about their performance.

We look forward to these visits each week.



Condolences are extended to the families of Brendan Crandles, Beryl Davies, Jean Mawdsley and Joan Fisher who passed away during the month of July.

## Wrap with Love

Do you ever wonder what happens to those colourful woollen squares some of our residents have been knitting for the “Wrap with Love” Project?

Liliana, one of our Activities staff members carefully crochets them together into blankets (4 squares wide by 7 squares long) then delivers them to a “Wrap with Love” collection point in Melbourne to be sent off to needy people all over the world, where they are gratefully received – as demonstrated by the people in the following pictures ...



Earlier this month when Lili delivered another 10 blankets to Melbourne, she was pleased to learn that since 2012 when



## Wrap with Love cont

Woods Point residents first began knitting squares, we have provided over 60 blankets to “Wrap with Love”.

She was also happy to hear that as well as helping the needy overseas, some of the blankets our residents are knitting are now also being handed out to needy people

here in Australia. The “Wrap with Love” project began distributing blankets in 1992, and by the end of 2015 it has distributed 414,065 blankets to people in countries experiencing extreme poverty or other natural disasters.

Any resident wishing to help knit squares, please see any one of the Activities staff for wool, needles, and the all-important pattern (each square must be 25cm X 25cm).

Thank you to all the Wood Point knitters – your help is much appreciated.



## 2016 Census

Some residents and their families are concerned about the upcoming census on August 9th.

Please be assured that all residents will be included the in the census that is completed by Woods Point Aged Care.

There is no need for residents or families to complete any census information.

## Laughter is the best medicine



**A wife was making a breakfast of fried eggs for her husband.** Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh

my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to

salt them. Use the salt. **USE THE SALT! THE SALT!** The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.





# Goulburn & Ovens

# August 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 9.30 Exercises 10.30 Bobs 1.30 Reading <b>2.00 Anglican Church</b> 2.00 Trivia	<b>2</b> 9.30 Exercises <b>10.00 Catholic Church</b> 10.15 Carpet Bowls 1.30 Hangman 2.00 Quiz	<b>3</b> 9.30 Exercises 10.00 Walk 10.30 Bobs 1.30 Remember When 3.00 Short Stories	<b>4</b> 9.30 Exercises <b>10.30 Resident Meeting</b> 11.30 Word Games <b>1.45 Toc Museum</b> 4.00 Quiz	<b>5</b> <b>9.30 Men's Shed</b> 11.00 Word Challenge 1.30 Kiosk & Quiz 2.00 Sacred Heart Kids 3.00 Story Time	<b>6</b> 1.30 Quiz 3.00 Footy Game 3.00 Happy Hour	<b>7</b> 1.30 Dice Trivia 3.00 Word Puzzle
<b>8</b> 9.30 Exercises/Walks 10.30 Bobs 1.30 Noodle Hockey <b>2.00 Anglican Church</b> 3.00 Word Games	<b>9</b> <b>10.00 Catholic Church</b> 10.15 Carpet Bowls <b>1.45 David Evans</b> 3.30 Work Puzzles	<b>10</b> 9.30 Exercises 10.15 Bobs 1.30 Who Am I? 2.00 Bingo	<b>11</b> 9.30 Exercises <b>**10.30 Belmore Street</b> 11.00 Quiz <b>1.45 Scenic Drive</b> 3.30 Reminiscing	<b>12</b> <b>9.30 Men's Shed</b> 11.00 Word Challenge 1.30 Kiosk & Quiz 2.00 Sacred Heart Kids 3.00 Story Time	<b>13</b> 1.30 Word Quiz 3.00 Footy Game 3.00 Happy Hour	<b>14</b> 1.30 Bobs 3.00 Word Quiz
<b>15</b> 9.30 Exercises 10.30 Bobs 1.30 Whiteboard Games <b>2.00 Anglican Church</b> <b>2.30 Monthly Birthday</b>	<b>16</b> 9.30 Exercises <b>10.00 Catholic Church</b> 10.15 Carpet Bowls <b>1.45 Cobram Harminiq</b> 3.30 Quiz	<b>17</b> 9.30 Exercises 10.00 Walks 10.30 Bobs 1.30 Reading 3.30 Reminiscing	<b>18</b> 9.30 Exercises 10.30 Word Games <b>11.00 Uniting Church</b> 11.00 Scrabble <b>1.45 Strawberry Farm</b> 4.00 Story time	<b>19</b> <b>9.30 Men's Shed</b> 11.00 Word Challenge 1.30 Kiosk & Quiz 2.00 Sacred Heart Kids 3.00 Story Time	<b>20</b> 1.30 Trivia 3.00 Footy Game 3.00 Happy Hour	<b>21</b> 1.30 Bobs 3.00 Shorty Stories - in Wing 2 Lounge
<b>22</b> 9.30 Exercises/Walks 10.30 Kerplunk 11.30 Word Games 1.30 Bobs <b>2.00 Anglican Church</b> 3.00 Word Games	<b>23</b> 9.30 Exercises <b>10.00 Catholic Church</b> 10.15 Carpet Bowls <b>1.30 Chocolate Factory</b>	<b>24</b> 9.30 Exercises 10.15 Bobs 1.30 Hangman 2.00 Bingo	<b>25</b> 9.30 Exercises <b>**10.30 Belmore Street</b> 11.00 Scrabble <b>1.45 Scenic Drive</b> 3.30 Word Games/Quiz	<b>26</b> <b>9.30 Men's Shed</b> 11.00 Word Challenge 1.30 Kiosk & Quiz 2.00 Sacred Heart Kids 3.00 Story Time	<b>27</b> 1.30 Scrabble 3.00 Footy Game/Stories 3.00 Happy Hour	<b>28</b> 1.30 Noodle Hockey 3.00 Word Quiz
<b>29</b> 9.30 Exercises/Walks 10.30 Bobs 1.30 Reading <b>2.00 Anglican Church</b> 2.00 Trivia	<b>30</b> 9.30 Exercises <b>10.00 Catholic Church</b> 10.15 Carpet Bowls 2.00 Quiz	<b>31</b> 9.30 Exercises 10.00 Bobs 1.30 Quiz 2.00 Bingo		<b>** Belmore Street - Bus will drop residents to Belmore Street and pick up again at 11.30am. Please advise reception or activities staff if you wish to use this service.</b>		