

December 2016

Merry Christmas
And safe holidays
from all the staff at
Woods Point Aged Care



Resident Christmas Party

2016



*Join us in the main
lounge for our
Xmas Evening
On Thursday
8th December 2016*

Between 5 and 7 pm

*Visitors \$10 per adult,
children free*

RSVP:

Labelling is offered for all items brought in by residents on admission.

**Please let staff know if new items are brought in after this.
For new clothing items, these are taken to the laundry for labelling.**

Clothing labels are \$35.00 for 50, or 70 for \$100.00.

It is not possible to find the owner of an item if it is not labelled.

Due to Christmas approaching quickly could you please let reception know if your loved ones will be out for the day.

Unfortunately we are unable to have extra guests on this special day.

Also if you would like to join us for our residents Christmas party please let reception know as soon as possible.

Spring Raffle: Congratulations to the winners!

The Spring raffle was drawn during happy hour on 28th October . All residents gathered around waiting anxiously to see if they were one of the lucky 3 winners to claim a wonderful basket of goodies.

1st prize: Dawn our lovely volunteer won a basket full of goodies.

2.14 - Mobility, Dexterity and Rehabilitation.

This expected outcome requires that:

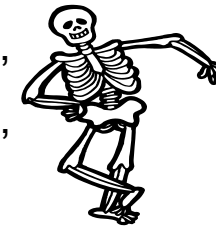
Optimum levels of mobility and dexterity are achieved for all residents.

The focus of this expected outcome is:

- Management demonstrates each resident's level of mobility and dexterity is optimized.
- Residents/representatives confirm they are satisfied with the home's approach to optimizing residents' mobility and dexterity.

The processes implemented at Woods Point involves:

During the residents admission, staff complete a Falls Prevention Checklist that documents falls history, medications, sensory status, gait and steadiness, transfers, reach, foot status and dizziness.



A Falls Risk Assessment Tool is completed and a mobility care plan is developed.

The mobility care plan includes a Mobility, Transfer and Falls Strategy that identifies equipment and assistance needs.

Wherever possible, a team approach is taken to work towards

with goals for each identified need or problem and strategies or interventions to achieve optimum levels of mobility and dexterity and to reduce the risk of falls/injury.

Residents have the right to take risks. These are documented in the resident's exceptional notes or if a regular activity on her or his care plan.

Analysis of data is conducted monthly on all falls and all available



strategies are implemented which may include hip protectors, use of walking aid, sensor mats, exercise programs, review of the environment to ensure not cluttered, maintenance of equipment, a thorough preventative maintenance schedule, vitamin D administration, nutrition and hydration, pain management, continence management, suitable footwear, podiatry visits, medication reviews, environmental inspection checklists and monthly review of care plan.

The home provides a range of mobility equipment for the use of residents. Residents are also assessed for the suitable mobility aid. We encourage all residents to use their



injury is sustained.

The physiotherapist is notified monthly of all resident falls to undertake a review of each.

The effectiveness of new strategies and interventions is reviewed and recorded in the progress notes.

Staff work as a team to reduce the risk of residents slipping or tripping by minimizing the environmental risk on a shift by shift basis.

Regular workplace inspections are conducted to identify building structure, equipment and or work practices which have the potential to increase the risk of falls

When a hazard/risk is identified a Risk Assessment form is completed.

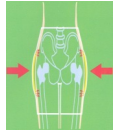
Information from the environmental inspection forms and risk assessments is summarised and reported to the OH&S committee meetings with actions implemented.

Dehydration (low fluids) can affect the balance and cause confusion and hypotension (low blood pressure). Encourage residents to drink 6-8 glasses of water per day during summer and winter



ing fluids when visiting.

Hip protectors can prevent / reduce hip fractures by 35-60% by



absorbing the impact of a fall into the soft tissue and muscles of the thigh.

Strategies/interventions will vary according to the individual need however, independence and safety are important considerations related to mobility.

If you would like any further information regarding our mobility policy and falls management program, please do not hesitate to contact the Registered Nurse or myself.

Marita Seamer

Director of Nursing



Hot Rod Fever Hits Woods Point

residents were treated to a very colourful display of cars.

These were not just ordinary cars, but a mixture of Vintage cars, Classic cars and Hot Rods.

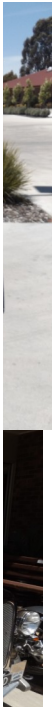
The annual “Hot Rod Run” came to Yarrawonga and with minimal persuasion, the cars arrived for all the residents to enjoy.

There were many memories talked about, - “I had one of those” while others just looked and enjoyed these beautiful old cars.

The old bread delivery van was definitely a favourite as many remembered the days they would have their bread delivered every morning in a little van similar to the one on show. Of course the men all had stories and enjoyed all the cars, and it was lovely to see the ladies come out to inspect them.

There was a few memories of their courting days with their future husbands, which was lovely to hear.

Due to the wonderful response from our residents



- 
- Edna Gamble
 - Carl Martin

Woods Point Residents, Staff & Management extend sincere condolences to the families and friends.

May they rest in eternal peace.

Melbourne Cup Fun Day

The 2016 Melbourne Cup day was well enjoyed by all with the residents and staff all getting into the spirit of the day.

Activities department put on a friendly sweep together with the winners: Listed below:

| Sweep No. | Drawer 1st | Drawer 2nd | Drawer 3rd | |
|-----------|-----------------|------------------|----------------|--|
| 1 | RUTH MILLER | MAX MORRIS | NANCY WHEELER | |
| 2 | SANDY DUNLOP | SHARON McCABE | SONIA NAGLE | |
| 3 | MARGARET HUGHES | DORIS CARTER | KEVIN ROBINSON | |
| 4 | EILEEN CURRIE | HARSHIL VAKHARIA | JOAN JARVIS | |
| 5 | PETER CHRISTIE | DORIS BELL | LORNA DAVIS | |
| 6 | MARITA SEAMER | DEB CLEMENTS | JENNY HAMMOND | |
| | | | | |



Anne McPherson

1st

Shirley Poll

2nd

Pat Murray

15th

Sid Fry

18th

Rindert Polak

24th

John Randall

25th

Tim Crossin

26th

**Please see the activity calendar for
Birthday Day celebration day**



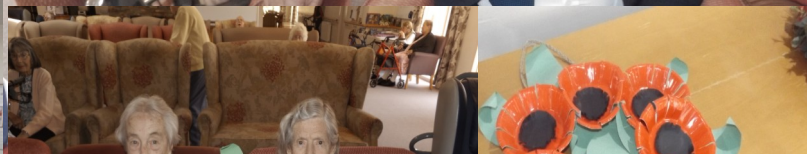


The Yarrawonga/Mulwala RSL club sub branch again organised the remembrance day service at Woods Point Aged Care.

Students from Sacred Heart Primary School also attended the service performing songs.

Remembrance Day in Australia is dedicated to Australians who died as a result of war, particularly from World War 1 onwards. A minute silence is dedicated to the deceased especially for soldiers who died fighting to protect our nation.

Remembrance day is annually observed on November 11th, many Australians stop what they are doing at exactly 11am in their local times on November 11th each year to dedicate a minute silence





Blumes Fashion

Blumes fashion house arrived at Woods Point with their summer collection of shirts, pants jumpers, and costume jewellery. The residents were excited trying on new outfits for summer.





WHITEY, GOLDIE ...

Ernie Ryan our volunteer fish feeder is keen to name every one of the goldfish in the Woods Point fountain.

He says he knows them all, and one definitely knows him because it lets him pat its head. Ernie is pictured here looking for inspiration while watching his little mates gobble up their evening meal. If you can suggest any good names, please let Ernie know.



For the past few weeks Rod Zass has been going to the Yarrawonga Mulwala Men's Shed to spend Monday mornings with his Men's Shed mates.

And, not content with simply sitting around and chatting with the other members – a pleasant pastime which they all enjoy – Rod has become creative and turned his hand to painting and helping to assemble a number of wooden Christmas trees.

His efforts, and those of his fellow Men's Shedders, are now proudly