



Temperature outside - 38.9 but things were really heating up in the main lounge with a recent Scrabble game.

Team 1—Kath, Joy, Mona and Ruth versus Team 2—Joan, Eileen, Nan and Ernie.

With lots of attention from fellow residents the game had Team 2 off to a quick lead with some high scoring words early in the game.

A few liberties were taken by both teams with the legality of some words and the spelling of others, but without the opposing team contesting they were played, scored and stayed on the board.

The eventual winners of this game was Team 2 with a score of 290 versus Team 1's score of 230.

The word games are a huge attraction for our residents with regular games of Scrabble, hangman, words in a word, target master and other such word games being played in the main lounge. If you are interested in taking part check the monthly program or the daily activities board to see when the next games are scheduled.



Tegan's Enchanted Beauty Waxing

Tegan's next visit will be Tuesday February 23rd
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 Feb 4th



Podiatrist Visit
February 8th and 29th

"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!



P.S. Cumberoona



Photo by Nicole St Ruth

The sound of the P.S. Cumberoona's horn can be heard most days throughout Yarrawonga and Mulwala as this replica paddle steamer makes its way around Lake Mulwala.

The vessel was built by the Albury/Wodonga community and launched in 1986. However had not been in operation since 2006 and on Monday March 2nd

2015, Robbie & Fraser Knowles took possession of the PS Cumberoona and lowered her back into Wodonga Creek from the slipway she had sat in on private property for many years.

The Knowles brothers, together with a team of volunteers bought the paddle steamer down the Murray River to Lake Mulwala.

Whilst the lake was empty during winter of 2015 the Knowles brothers and their band of volunteers completed extensive renovation works on the vessel.

The Cumberoona is now operating as a tourist attraction making trips around Lake Mulwala.

What a magnificent looking vessel a what an wonderful addition to the Yarrawonga/Mulwala community.



Bobs is a much loved game amongst our Woods Point residents. It also becomes very competitive amongst the players each week.



Getting the highest score is a bit of a challenge and with lots of cheering and encouragement from onlookers it makes for a fun activity. Check the monthly calendar to see when the next game is scheduled and come join in the fun.

Puzzle time

Each day in the main lounge you will find Alice sitting at her table putting together jigsaws some with as many as 1500 pieces. Often creating beautiful pictures of scenery, animals or people.



If you are passing by stop and have a chat with Alice or even lend a hand.

Clutter

Whilst we encourage residents to make their rooms as homely as possible we do need to remember that the rooms can become cluttered and from time to time they may need a good clean out. At this time of year, after loved ones have given us

Clearing Clutter



Christmas gifts, we may need to have a look at clearing out some of the older things.

A cluttered room is a danger not only to the resident - who is at risk of tripping and falling, but makes it hard for staff to clean the room thoroughly and can sometimes impede on the care staff providing the care that is required by the resident.

We ask family members for assistance in clearing out the rooms.

Next time you visit perhaps you can go through the wardrobe and other items and discard any unused or unwanted items.

Palliative Care

Death. It's hardly the go-to topic of conversation you would like to read in the newsletter and most of us go to such lengths to avoid talking about it with our loved ones.

Ironically, death is thrust in our faces almost every day and will happen to all of us. Below is an excerpt from the 'Aged Care Carer blog' on the 10 signs end of life is near and what you can do to support this process.

Caring for someone at the end stage of life is one of the hardest things you will ever do. It can be emotionally and physically draining. We

all want to feel that we have done everything we possibly can for a family member. When death comes suddenly this isn't always possible.

Dementia is a progressive disease meaning an individual's condition will get worse over time. This can be distressing to watch, sometimes taking years. It can be hard to comprehend that dementia is a terminal illness but the symptoms associated with dementia do contribute to death.

People with later stage Alzheimer's are normally confined to bed, dependent on

others for all their care.



Everybody is different but there are some signs that indicate death is approaching.

1. Profound weakness and fatigue, difficult to rouse
2. Bed-bound and loss of strength, dependent on others for repositioning
3. Loss of appetite, difficulty swallowing and unable to take fluids

Palliative Care

4. Weight-loss
5. Increased pain, confusion or restlessness
6. Changes in level of consciousness, non-communicative, may still be able to hear you
7. Incontinent of urine and bowel movements
8. Unable to or not interested in showering or eating
9. Changes in colour as blood circulation slows, feet can appear blue and cold to touch
10. Irregular breathing patterns, breathing can be shallow, gurgle or rattle, it can stop and start

An inability to communicate

means many caregivers find it hard to determine a family member's wishes.

When death is close, your main goal is to relieve symptoms and provide comfort. Either at home or in residential aged care, health professionals will make sure they do everything possible to keep your family member free of pain.

This may mean using a number of different medications including morphine. Medications for pain can now be given orally, via a patch or via a subcutaneous infusion or syringe driver.

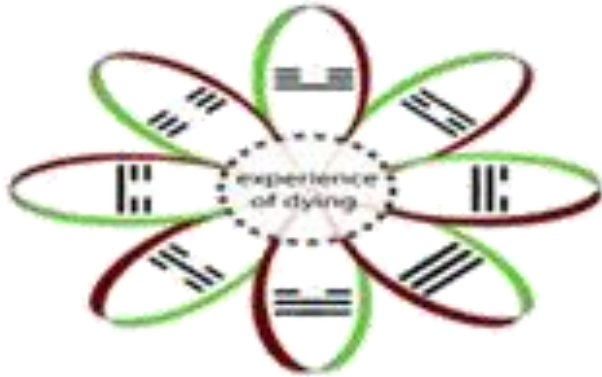
Always notify the RN in charge or care staff if you feel your loved one is in pain. Medication will often need adjusting to ensure a person is comfortable and pain free.

Towards the end stage of life a person can show signs of agitation and restlessness. This can be very distressing for a dying person and a carer. Calling out, moaning or confused speech can be associated with delirium or discomfort.

Describe these symptoms to your doctor as they can be relieved by medication or could be related to problems

Palliative Care

with constipation, medication or urinary retention.



Things you can do:

- Allow the person to sleep as much as possible, ensure a quiet environment with soft lighting
- Reposition a person if it makes them comfortable
- Moisten a person's mouth with a damp cloth (lanolin to dry lips)
- Use a cool cloth or fan if a

person is too hot, light blankets as opposed to heavy doonas

- Place a fan close by if a person is experiencing breathlessness
- Play a person's favourite music
- Continue to talk to a person, they may be able to hear you. Be reassuring and comforting
- Continue to touch a person, lightly massage or stroke their hands
- Limit visitors and ask if they can identify themselves
- Ask a nursing home to place a bed nearby for you to sleepover
- Write anything down a

person says as it may be comforting

- Give medication as required and report to a doctor or nurse any signs of pain, anxiety, restlessness and noisy breathing.

Remember to ask questions when you need to and seek out the support of others when you can. A Care staff and specialist palliative care nurses can support you and your family at such an emotional time.

Many family members decide to keep a vigil by remaining at a person's bedside for hours at a time, remember to rest and take

Palliative Care

turns with friends and family. It's not unusual for a dying person to slip away when family members leave the room.

**TALK TO
YOUR FAMILY
AND
TELL THEM
YOUR WISHES**

We want to encourage all residents to:

- make their end of life plans such as wills and health directives
- share these wishes with their families
- get informed about end of

life and death care options be better equipped to support family and friends experiencing death, dying and bereavement.

We hope this information provides you some useful tips to use when the time comes.

If you would like to discuss anything related to resident's wishes and the Limitations of Medical Treatment form please see your GP or senior staff at Woods Point Aged Care.

Marita Seamer
Director of Nursing

Talking about Death

No one wants to bring up dying in a conversation.

Sometimes people don't want to think about losing their spouses, parents or siblings.

Nonetheless, talking & discussing with your loved ones about the final stage of life is essential

Don't try to have all the answers in one conversation—just take your time to approach the topic delicately.

Remember to be patient—it may take awhile for some to feel comfortable talking about dying.

Falls in older adults

Whilst every endeavour is taken to keep residents safe the fact remains that 1 in 3 Australians over 65 fall annually. The literature on mobility and falls prevention is extensive so we have included just a small sample to help you stay informed.



When a resident moves into Woods Point Aged Care a Falls Risk Assessment Tool is completed. This also occurs when there is a significant decline in health status, and monthly during

the Resident of the Day (ROD) review.

About 50% of residents in nursing homes fall each year with the most at risk being women >75years. Falls prevention is therefore very important to reduce the pain and suffering and cost associated with a fall.

Assessment data is used to formulate an individualised care plan 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 ex-

ceptional notes or if a regular activity on her or his care plan. Where appropriate risk taking is discussed with the resident's representative.

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

There is often a number of factors which cause falls requiring a number of strategies / interventions to prevent / reduce falls and injuries.

Strategies include safe environment, adequate nutrition and hydration, mobility aids, foot care and vision.

Falls in older adults

Some of our environmental strategies are:

- ♦ No rugs and cords
- ♦ Reducing clutter in the room
- ♦ Items of frequent use and call bell within functional reach
- ♦ Mobility aid within functional reach
- ♦ Adequate lighting
- ♦ A comfortable chair that has sturdy arm rests making it easy to get in and out of.

A balanced and healthy diet is good for our bones and muscles and dehydration (low fluids) can affect the balance and cause confusion and hypotension (low blood

pressure). Ensuring that our residents have access to good food choices and are kept well hydrated is all part of the care process.



It should be easy for our residents to make the right choices about food and fluid intake.

Another big factor in falls prevention is making sure you wear adequate foot

wear (well fitted, comfortable, enclosed shoes rather than loose, open shoes or sandals).

The use of mobility aids is proven to reduce the risk of falls. 4 wheel walkers being the most commonly used, offering the user good support during times of mobility.



Whilst we can't stop all falls we can prevent many of them. Sometimes just taking the time to slow down and think about how we do things can reduce the risk.

Laughter is the best medicine!



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!"

When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6."

Riddle:-

If you take me out of the window, I'll leave a grieving wife.

Put me back, but through a door, You'll see someone giving life.

What am I?...

Child Sponsorship - can you help us?

A few years ago Woods Point Residents and Staff agreed to sponsor children through the World Vision sponsorship program.

We currently sponsor 4 children:

Samnang Ouy, aged 11, from Cambodia.

Modesti Faustin Joseph, aged 13, from Tanzania.

Keidy Briceida Morales Garcia, aged 11, from Guatemala.

Justina, aged 6, from Malawi.

We are unable to include their photo's here for privacy reasons, however lots of photo's and information is placed in the Sponsorship folder located in the

main lounge and residents or staff are able to view at any time.

But now we need your help.

Some of our sponsors have left Woods Point and no longer contribute to our monthly collection.

Either staff who no longer work here or residents who have passed away.

So, for as little as \$1.00 per-month (which can be added to your monthly fees invoice) you can help us to help our sponsor children.

Without the continued support of our residents and staff we may have to cease

sponsorship of one or more of our children.

This would be a terrible shame. Please speak with Janelle or Vicki in administration if you want to be part of this fantastic cause.

We are also looking for people who would like to write to our children. We have recently registered for online access which means we can send emails to the project managers which will be printed and handed to the children. So if you want to write we can transcribe to an email for you, attach photo's and send it on it's way. Again, please see administration if you want to participate.

New Piano

Woods Point was recently the lucky recipients of a “new” piano.

The second hand piano was kindly donated by Mary and Barry Home-wood of Yarrawonga and has replaced our very tired and much loved pianola.

One of our regular players Dave Evans arrived a few days after the piano and gave it a thorough work out.

Everyone agreed that the music sounded better than ever.



Residents are keen to hear from our other regular player Barb Hird who returns for her fortnightly visits on the 10th of February.

Thank you Mary and Barry for your generosity.

We then paid the donation forward by delivering our pianola to the Yarrawonga Community Opportunity Shop where we hope someone will fall in love with it and give it a new home.



Condolences are extended to the families of David Ware, Jim Sanderson and Hazel Smithwick who have all passed away recently.

Text messages

On occasion a computer generated text message may be sent to the relatives/representatives of our residents.

These messages are a quick and efficient way for Woods Point staff to contact many people in one easy method.

Please do not reply to these text message as they are not received by anyone.

If you wish to respond to these messages please **call** administration on 5744 3400.

Riddle Answer:
The letter N



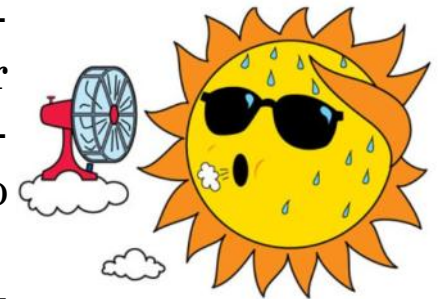
Cards

A friendly reminder to family members to provide copies of updated cards to administration for our records.

Our records currently indicate a number of expired cards and your assistance with keeping these updated would be greatly appreciated.

Outings

You will note on the activities calendars outings are marked with an asterisk during the summer months. Should the temperature reach 32° the RN will decide whether it is safe (for our residents) for the outing to go ahead.



Should it be deemed that it's in the residents best interest to cancel the outing then another activity will be scheduled to replace the outing. Please remember - the health and safety of our residents is paramount at all times.

Goulburn & Ovens

February 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 9.45 Exercises/Walks 10.15 Scrabble 1.30 Quiz 2.00 Anglican Church 2.30 Bobs	2 9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls *1.30 Scenic Drive 3.00 Hangman 4.00 Quiz	3 9.45 Exercises/Walks 10.30 Bobs 1.15 Movie 1.30 Coffee & Specs 2.30 Bingo	4 9.45 Exercises/Walks 10.30 Resident Meeting 11.30 Quiz 1.30 Short Stories 3.00 Parachute Game 4.00 Hangman	5 9.45 Men's Shed 11.00 Word Challenge 1.30 Kiosk & Quiz 2.00 Meet the Kids 3.00 Happy Hour	6	7
8 9.45 Exercises/Walks 11.00 Whiteboard Games 1.30 Our Australia 2.00 Anglican Church 3.30 Quiz	9 9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls *12.00 KFC *1.30 Scenic Drive 3.00 Weekly Times/Quiz	10 9.45 Exercises/Walks 10.30 Piano Lady 1.15 Movie 1.30 Activity Meeting 2.30 Bingo	11 9.45 Exercises/Walks 11.00 Quiz *12.00 Pub Lunch 2.30 Beanbag Game 3.30 Short Stories	12 9.45 Men's Shed 11.00 Word Challenge 1.30 Kiosk & Quiz 2.00 Meet the Kids 3.00 Happy Hour	<div>Please note there will be no activity staff on weekends during the month of February.</div>	14
15 9.45 Exercises/Walks 10.15 Scrabble 1.30 Short Stories 2.00 Anglican Church 2.30 Remember When 3.30 Quiz/Word Games	16 9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls 2.30 Monthly Birthdays 3.00 Short Stories 4.00 Reminiscence	17 9.45 Exercises/Walks 11.00 Bobs 1.15 Movie 1.30 Coffee & Specs 2.30 Bingo	18 9.45 Exercises/Walks 11.00 Uniting Church 11.15 Poetry 1.30 Movie 2.00 Quiz 3.30 Whom Am I	19 9.45 Men's Shed 11.00 Word Challenge 1.30 Kiosk & Quiz 2.00 Meet the Kids 3.00 Happy Hour		21
22 9.45 Exercises/Walks 11.00 Short Stories 1.30 Bobs 2.00 Anglican Church 3.30 Quiz/Word Games	23 9.45 Exercises/Walks 10.15 Carpet Bowls *12.00 McDonalds *1.30 Scenic Drive 3.00 Weekly Times/Quiz	24 9.45 Exercises/Walks 10.30 Piano Lady 1.15 Movie 1.30 Coffee & Specs 2.30 Bingo	25 9.45 Exercises/Walks 10.30 Word Games/Quiz 1.30 Movie 2.00 Scrabble	26 9.45 Men's Shed 11.00 Word Challenge 1.30 Kiosk & Quiz 2.00 Meet the Kids 3.00 Happy Hour		28
29 9.45 Exercises/Walks 11.00 Our Australia 2.00 Parachute Games 2.00 Anglican Church 3.30 Quiz/Word Games			Monthly Movie Main Lounge Thursday February 4th.			*Activities marked with an asterisk are depend- ent upon the weather. In the event that it's too hot an alternative activity will be scheduled.