

What's The Point?

January
2016

Dear all Residents and Representatives: December 2015

We did it!! After a grueling 2 days on 15th and 16th December, and lots of probing, questioning and stress (on our parts mostly!) we were found to be compliant in all **44 out of 44** Aged Care Accreditation standards!

This result comes as a huge relief and affirmation of something we always knew – we do provide a Quality service to **you**, the Resident.

The 3 accreditors reviewed all aspects of Woods Point and the report will be made available for all to read when it arrives.



Some of the comments made by the accreditors were:

"It is clear to see the residents care about the staff and the staff care about the residents".

"There is a lovely friendly atmosphere in the facility and it was enjoyable to be a part of".

"The living environment and gardens are lovely and the residents are very proud of their home."

"Residents and staff interviewed were familiar with the complaints process and felt confident in raising issues directly with management".

"Documentation showed the linking of resident's needs, preferences and feedback to continuous improvement activities".

"Observations indicated staff interact with residents/representatives in a supportive and consultative manner".

Continued on page 3

Tegan's Enchanted Beauty Waxing

Tegan's next visit will be
Friday 8th January

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 Jan 7th



*"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
January 18th



Aged Care Accreditation - continued from front page

“Residents/representatives expressed satisfaction with the way in which staff communicate with them in relation to clinical and personal care.”

“Documentation such as professional qualification, assessments of skills and education records demonstrated staff have the knowledge and skills to carry out their duties in relation to the provision of care including specialised care”.

Although you may not have been directly involved, I would like to acknowledge all the staff, residents and representatives for the hard work and commitment to Woods Point. The accreditors commented how our systems were excellent the communication both informally and formally was very robust and effective, and the documentation very impressive.

We will not get it right all the time but we are always striving to ensure residents needs and

preferences are met whilst balancing the legislation required, red tape and many idiosyncrasies. If we do not get it right please let us know by completing an improvement form, speaking to the staff or arranging to meet with management to discuss any concerns or suggestions.

We are an amazing team and this recent audit is testament to that.

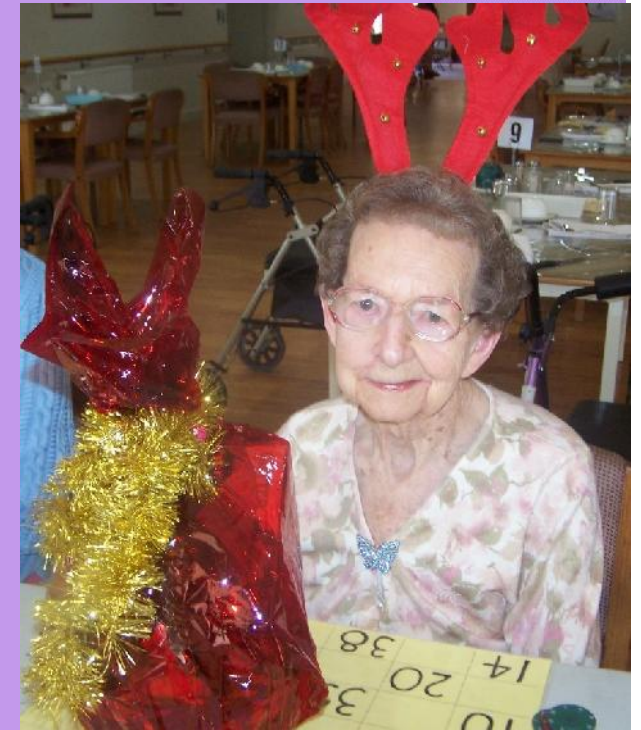
It is nice to be acknowledged for the hard work!!!!!!

The information provided in the report gives me a clear indication that we will receive the maximum period of Accreditation, which is **3 years**. Well done everyone, and thank you to all our wonderful residents for their supportive and encouraging words!

Finally to all the staff that go that “extra mile” for residents or their families – it’s you who really make a difference to the residents lives here.

Marita Seamer
Director of Nursing

Christmas Bingo



Christmas Bingo

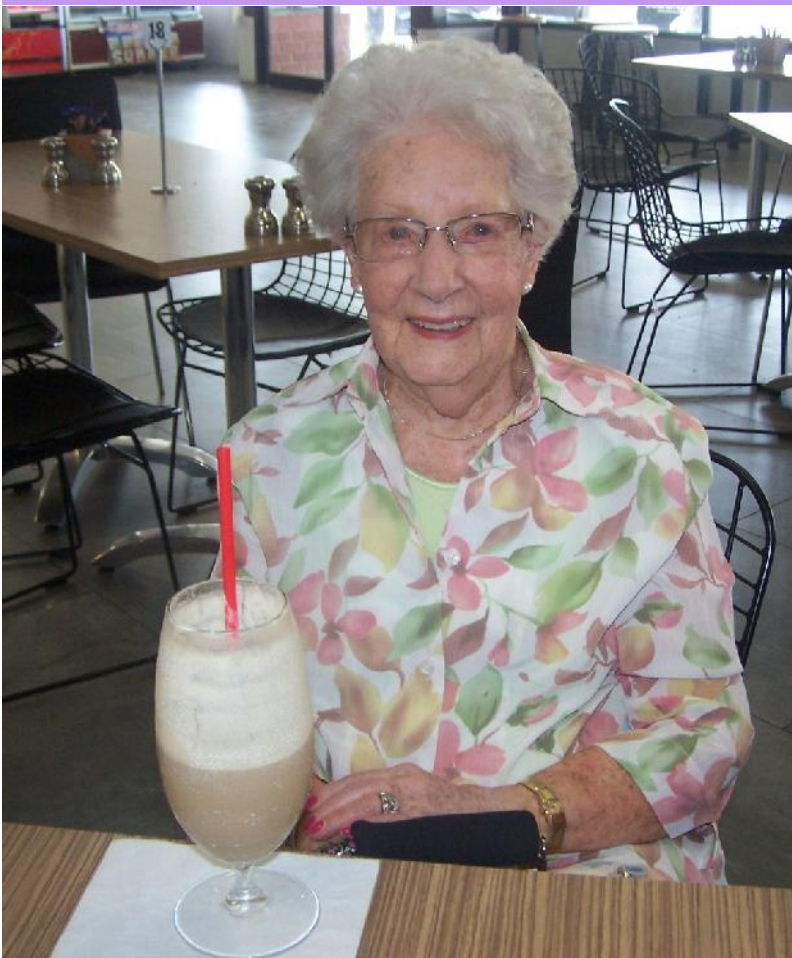
Residents enjoyed their last game of bingo for the year with lots of cheers, excitement and laughter as beautiful hampers were won by some lucky residents.

Lorraine would like to thank the residents of Woods Point for supporting bingo throughout the year. Woods Point would like to thank Lorraine for the effort that she puts in to make these Bingo events special for the residents.

Bingo is held on a Wednesday at 2.30pm each week in the dining room, please come and join us, for a friendly game .

See you in the new year.

Mulwala Bakery Outing



A recent outing to the Mulwala Bakery had the residents sampling yummy cakes and cool drinks.

Enjoying their afternoon refreshments one residents

ordered a milkshake, which was presented to her in a glass jar with a straw. The comment from our resident was “can’t this shop afford glasses to drink from, when we were children we could not afford glasses so we drank out of old glass jars. What is the world coming to?”

We all had a laugh.



Foot health and ageing (<http://www.mydr.com.au/skin-hair/foot-health-and-ageing>)

As our feet grow older, they naturally develop more problems. But painful and uncomfortable feet are not a natural part of growing old, or something to 'put up with'. A lot can be done to improve comfort, relieve pain and keep you on your feet for life.

Mirrors of health

The condition of our feet often provides early indications of conditions such as diabetes, arthritis and circulatory disease. For this reason, the human foot is sometimes called the 'mirror of health'. Look out



for signs such as dry skin, brittle nails, burning and tingling sensations, feelings of cold, numbness and discoloration. Always seek the opinion of your podiatrist when any of these signs occur.

Foot problems can be prevented

As we age, our feet tend to spread and lose the fatty pads that cushion the bottom of the feet. If we are carrying extra weight, this can also affect the bone and ligament structure. Many people, including older people, believe that it is normal for feet to hurt, and simply resign themselves to enduring foot problems which

could be treated. There are more than 300 different foot conditions. Some are inherited, but for older people, most stem from the impact of years of use. However, even among people in their retirement years, many foot problems can be treated successfully, and the pain of foot conditions relieved. Older people should have their feet measured for shoe sizes more frequently, rather than presuming that their shoe sizes remain constant. Dry skin and brittle nails are other conditions older people commonly face. Taking good care of your foot health has many benefits including increasing

Foot health (cont)

your comfort, limiting the possibility of additional medical problems, reducing your chance of hospitalisation due to infection, and keeping you active and mobile.

Keep them walking

Mobility can be a problem for older people, yet with basic foot care, and the prompt attention of any problems, getting around shouldn't be difficult.

Foot health tips

Properly fitted shoes are essential. The older you get, the more you need a shoe that holds your foot firmly in place and gives adequate support. Sloppy old favourites should be thrown out: a



Correct fitting shoes

is best for daily activities.

Walking is the best exercise for your feet.

Pantyhose or stockings should be of the correct size and preferably free of seams.

Avoid going barefoot.

Do not wear tight garters as these can affect your circulation.

Never cut corns and calluses with a razor, pocket knife, or other such instruments and don't use over-

the-counter corn products unless they have been recommended to you by your podiatrist. Have your podiatrist trim and file your toe nails.

shoe with a firm sole and soft upper



Look at Your Feet Every Day



Keep Your Toes Dry

Inspect your feet every day, or have someone do this for you. If you notice any redness, cracks in the skin, or sores, consult your podiatrist.

See the next page for how your podiatrist can help you.....

Foot health (cont)

Podiatrists are skilled foot health professionals trained to deal with the prevention, diagnosis, treatment and rehabilitation of medical and surgical conditions of the feet and lower limbs. Podiatrists have completed a Bachelor of Podiatry or higher degree, and are continually upgrading their skills and knowledge through further education and training. Regular visits to your podiatrist can help prevent foot problems, alleviate pain and help keep you on your feet and mobile. Residents at Woods Point are seen by the Podiatrist every 6 weeks.

Joyce Gang

The Joyce Gang entertained Woods Point residents for their last gig for Christmas for 2015.

The residents were singing along to A Pub with no Beer, I love you, China Doll and many more wonderful old songs that brought back good memories of a bygone era. The Joyce Gang will return in 2016 to play for Woods Point residents.



Frank and son Peter enjoyed the entertainment and Frank was more than happy to accompany the band with his tambourine.

Sacred Heart Students



Sacred Heart Grade 1 students entertained residents with Christmas Carols in the week before Christmas. After the performance the students handed out their handmade Christmas cards to the residents and chatted about what they will be do-

ing over the Christmas holiday period.

The residents always enjoy having chat and a laugh with the children and we look forward to their regular Friday afternoon visits when school resumes in 2016.

Birthdays

Celebrations were in order for 9 birthdays in the month of December. The kitchen whipped up two cream sponges for the residents to share and wash down with a cup of coffee or tea.

Lots of cheer and laughter could be heard throughout the dining room.



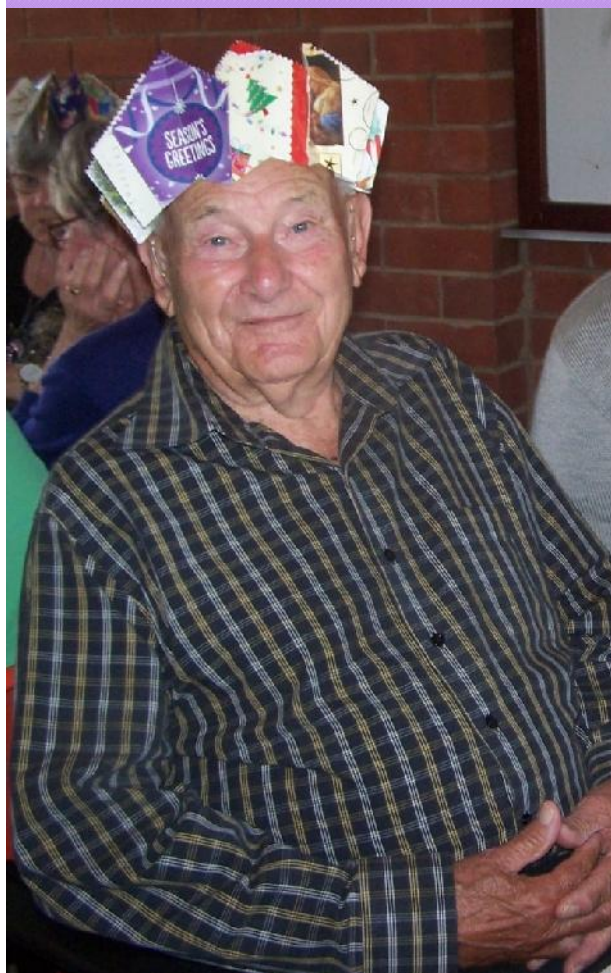
In Memory



During December we farewelled Anne Withers (a respite lady who had planned on becoming permanent). Elizabeth Harris, Maria Glavan and Beth O'Rafferty.

These lovely ladies will be sadly missed by all at Woods Point and condolences are sent to the Withers, Harris, Glavan and O'Rafferty families and most especially to Beth's husband Don who is a fellow resident.

Christmas Party at Friendlies

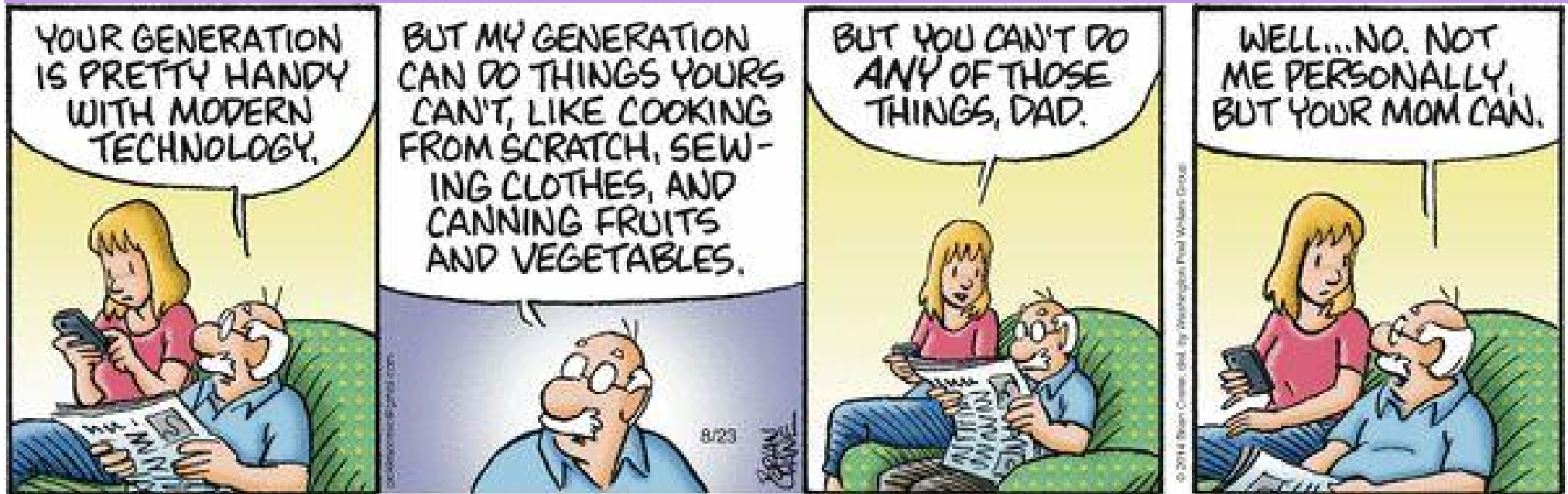


One of the best things about Christmas is all the parties that we get to attend.

The Friendlies Christmas Party was a success again this year with the Ecumenical Choir giving their usual stellar performance. Our residents joined in the party atmosphere wearing their "Christmas hats" and enjoying the sumptuous afternoon tea provided by the volunteers who host the monthly Friendlies events.

Any resident who hasn't yet been to a Friendlies meeting and thinks they might like to go along please speak with the Activities staff. The events are held on the first Thursday of each month starting again in February.

Laughter is the best medicine!



Dear God, my prayer for 2016 is a FAT bank account and a THIN body. Please don't mix it up like you did last time.



New Years Eve

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready.

At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living. Well, it was kind of embarrassing. As the clock struck, the bartender was almost crushed to death.



"Hey Jim", called Harry. "Check out my new hearing aids, they work so well, I could hear a pin drop!"

"Really" asked Jim, that's unbelievable, I am actually on the market for hearing aids, what type is it?"

"Four a clock", responded Harry.

SKYPE

Just a reminder that we have made SKYPE available for our residents on the computer locate din Wing 4 lounge.



We will schedule appointment times - families can advise what day/time they will be in contact and we will arrange for the resident to be seated at the computer and ready to chat.

Any family/friends who are interested in taking part may contact Woods Point administration staff (03 5744 3400) so that we can provide you with the account details.

Resident Don O'Rafferty has kindly offered to assist other residents if required and staff will be on hand to offer assistance when available.

Family members can also send emails to their loved ones on this computer.



The email address is:
residents@bentleywoodpl.com.au

As this email address is not always monitored please let either the resident or a staff member know that you are utilising this service so that we may ensure they receive the email in a prompt manner.



January Birthday wishes are extended to:

Mary Crook 2nd
Beryl Davies 5th
Betty Silvester 9th
Dennis Bailey 13th
Jenny Dalton 17th
Ann Rendell 20th
Ian Quarrell 27th
Eileen Currie 27th
Ian Miller 29th
Shirley Evans 29th



Tips for January

As everyone is aware January/February is normally one of the hottest times of the year for Yarrawonga residents.

Our tips for getting through this hot time include:

- ▽ If you are heading out try to plan this for the morning when the temperatures are generally cooler.
- ▽ Visitors should try to call in during the mornings for the same reason.
- ▽ During the hottest part of the day keep your window closed and the curtains/blinds drawn.
- ▽ Dress appropriately for the weather. This includes



wearing a hat whenever outside.

- ▽ Stay hydrated. Even if you are remaining indoors you will become dehydrated. Air conditioners causes a low water content in the atmosphere, leading to increased water loss from the lungs and through the skin.
- ▽ Ways to keep hydrated include drinking water or cordial, avoid caffeinated drinks (less than 2 cups per day) and alcohol. Eat icy-poles, ice creams or water based fruits such as watermelon, strawberries, cantaloupe and peaches.



The catering department at Woods Point delivers fresh jugs of water or cordial to every residents room each day. If you need this jug re-filled earlier, take it to the kitchen and ask for a refill. Cold juices are also available from the fridge located in the tea/coffee making area.

Fruit platters are regularly offered for morning tea and fruit is available from the kitchen at anytime that residents ask.

Care staff will often hand out icy-poles or ice creams. Take advantage of this special treat to help keep you hydrated as well as tasting yummy.

Goulburn & Ovens

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
There will be No Activitiy Staff on Friday January 1st and Tuesday January 26th.			*Activities marked with an asterisk are dependent upon the weather. In the event that it's too hot an alternative activity will be scheduled.			
				1	2	3
					9.45 Exercise/Walks 11.00 Hangman 1.30 Movie 2.00 Quiz 3.00 Short Stories	9.45 Exercise/Walks 11.00 Bobs 1.30 Movie 2.00 Bingo
9.45 Exercises/Walks 11.00 Quiz 1.30 Short Stories 2.00 Anglican Church 2.30 Bobs 3.30 Reminiscence	9.45 Exercises/Walks 10.00 Catholic Church 10.30 Carpet Bowls 1.30 Movie 2.00 Scrabble 3.30 Word Games	9.45 Exercises/Walks 10.30 Bobs 1.30 Reminiscing 2.30 Bingo 2.30 Movie	9.45 Exercises/Walks 10.30 Resident Meeting 11.30 WhiteboardGames 1.30 Target Master 3.00 Quiz	8 9.45 Men's Shed 11.00 Word Challenge 1.30 Kiosk 1.30 Word Games 3.30 Happy Hour	9 9.45 Exercise/Walks 11.00 Bobs 1.30 Movie 2.00 Short Stories 3.00 Quiz	10 9.45 Exercise/Walks 11.00 Sing-a-long 1.30 Movie 2.00 Poetry 3.00 Hangman
11	12	13	14	15	16	17
9.45 Exercises/Walks *11.00 Scenic Drive 1.30 Short Stories 2.00 Anglican Church 2.30 Scrabble	10.00 Catholic Church 10.15 Carpet Bowls *1.30 Bundalong Cafe 3.15 Quiz	9.15 News and Views 10.00 Movement/Walks 11.00 Bobs 1.30 Movie 2.00 Bingo	10.00 Exercises/Walks 10.30 Scrabble 1.30 Movie 2.30 Monthly Birthday 3.30 Quiz & Games	9.45 Men's Shed 11.00 Word Challenge 1.30 Kiosk 1.30 Word Games 3.30 Happy Hour	9.45 Exercise 11.00 Bobs 1.30 Movie 2.00 Weekly Times 3.00 Hangman	9.45 Walks 11.00 Bobs 1.30 Movie 2.00 Remember When 3.00 Quiz
18	19	20	21	22	23	24
9.45 Exercises/Walks 11.00 Remember When 1.30 Quiz 2.00 Anglican Church 2.30 Scrabble	9.15 News and Views 10.00 Catholic Church 10.15 Carpet Bowls 1.30 Movie *1.30 Shopping	9.30 News and Views 10.00 Movement/Walks 11.00 Bobs 1.30 Movie 2.00 Bingo	9.15 Target Master 10.00 Movement/Walks 11.30 Pub Lunch 2.00 Uniting Church 2.30 Hangman/Quiz	9.45 Men's Shed 11.00 Word Challenge 1.30 Kiosk 1.30 Word Games 3.30 Happy Hour	9.45 Exercise 11.00 Who Am I? 1.30 Movie 2.00 Weekly Times 3.00 Quiz	9.45 Walks 11.00 Hangman 1.30 Movie 2.00 Whiteboard Games 3.00 Short Stories
25	26	27	28	29	30	31
9.45 Exercises/Walks 11.00 Remember When 1.30 Hangman 2.00 Anglican Church 2.30 Scrabble		9.15 News and Views 10.00 Movement/Walks 11.00 Golf Putting 1.30 Movie 2.00 Bingo	9.15 News and Views 10.00 Movement 11.00 Bobs 1.30 Movie 2.00 Quiz	9.45 Men's Shed 11.00 Word Challenge 1.30 Kiosk 1.30 Word Games 3.30 Happy Hour	9.15 News and Views 10.00 Movement 11.00 Bobs 1.30 Movie 2.00 Bingo	9.45 Exercise/Walks 11.00 Hangman 1.30 Movie 2.00 Quiz 3.00 Short Stories