

What's The Point?

June
2016

These ladies were all very happy with their recent outing to Watt's in Bundalong Cafe.

With the cold wind blowing outside they were happy to warm up inside with pots of tea, mugs of cappuccino's and some very filling biscuits,



cakes and slices.

The activities department schedule outings most Tuesday so if you missed out on this one, let them know that you would be interested in being included in the next scheduled outing.

Tegan's Enchanted Beauty Waxing

Tegan's next visit will be
Tuesday June 21st
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 2nd June

Podiatrist Visit June 13th



Some things should never go down drains or toilets

More people are becoming aware of the need to protect our waterways.

Flushing the wrong things down the toilet, or putting strange substances down the drain, dramatically affects our ability to process and treat water. That limits our opportunity to reuse the water or safely return it to creeks and rivers.



The good news is that it's easy for you to play your part.

Wet Wipes

Wet wipes don't disintegrate like toilet paper and get stuck in places where they shouldn't. Never Ever flush:

- wet wipes
- baby wipes
- disposable wipes
- moist wipes
- antibacterial wipes
- cleaning wipes
- flushable wipes

In the bathroom

Always put the following items into the bin:

- plastics and wrappers
- nappies and incontinence



pads

- sanitary napkins and tampons
- surgical bandages
- cotton buds

NEVER EVER flush wet wipes - ALWAYS dispose of them in the rubbish.



Mother's Day at Woods Point

Mother's Day was well celebrated this year with the surprise visit from Adrian and family.

Adrian has been entertaining at Aged Care facilities for quite awhile, and obviously has his performance well rehearsed.

There was a good variety of music which appeared to please everyone in the crowd.

So many of our residents were gathered in the main lounge to enjoy the music and family members that called in for a visit just had to stay and listen

Toe tapping, hand clapping and singing along was all part of the morning.

Adrian has a lovely voice which was commented on by many, and his interaction with both residents and visitors alike was welcomed by all.

Adrian is not a local but offered his time and talent to us upon the request of one of his family members that



is an employee at Woods Point.

Thank you Adrian, you made our Mother's Day







It is easy to get back the
sounds you love



Join us for our
Hearing Health Check Day

Monday 20th of June 2016
At Woods Point Age Care



Hearing Checks

Woods Point, together with National Hearing Care are pleased to be able to offer residents Hearing Health Checks.

These checks will be conducted here at Woods Point on Monday June 20th.

We encourage anyone who thinks that they, or their family member, may need their hearing checked to make an appointment. Appointments can be made at reception or by phoning 5744 3400.

National Hearing Care have recently opened in Belmore Street, Yarrawonga and are able to offer residents follow up service with all of their hearing needs.

National Hearing will also be providing our staff with training to ensure that the most up-to-date information is available to assist our residents with their ongoing Hearing Health.

2016 Footy Tipping

We're 10 weeks into our Footy Tipping season and competition at the top of the table is hotting up with only 3 points separating our 5 leading tipsters.

After a slip in concentration, we find last month's leader Alice Lindhe has dropped back into equal 3rd position with Don O'Rafferty – both with 63 winners. In equal 2nd we have Dennis Bailey and Ernie Ryan on 65 wins. And, sitting in top spot we have Tim Crossin on a score of 66.

Surprisingly after 10 rounds of footy nobody has managed to pick all 9 winners in any one round. This means the weekly Jackpot for Round 11 will be \$44 and that little sum could be won by anyone, regardless of how good or bad their tipping has been to date – so put your thinking caps on and GO FOR IT!

Events

Residents would have noticed we now have table displays on all of the dining tables.

These are there to inform and remind everyone of the activities and outings that have been programmed for you to enjoy.

If you find an outing or activity that you wish to attend, please inform activity staff to ensure you are on the list.



In Memory



Condolences are extended to the Jeffery and Glasgow families on the recent passing of Alma Jeffery and Dot Glasgow.

Morning Melodies in Mulwala.

Residents of Woods Point headed to Yarrawonga Mulwala Golf Club Resort in May to be part of Morning Melodies.

Entertainment was provided by singer and musician Mick Tenace, residents enjoyed a sing-a-long and a few dances before a light luncheon.



Nancy and Kath are pictured doing the Hokey Pokey!

Myrtleford Lodge pays a visit



Residents from our sister facility Myrtleford Lodge paid Woods Point a visit in May.

The drive was long but the scenery was relaxing and a lot of chatting along the way.

Arriving about 11.45am Woods Point welcomed our visitors and introduced each other.

Roast lamb and sticky date pudding for lunch and then the residents played a competitive game of mini golf to walk off their indulgences and the challenge is on for their next visit.



Skin Care

Skin Care is expected outcome 2.11 of the 44 Accreditation standards assessed by the Accreditation Agency and one which is a clinical focus of care staff on a daily basis.

The expected outcome of 2.11 – Skin Care requires that:

Care recipients skins integrity is consistent with their general health

What we are aiming to achieve is:

⇒ Management demonstrates its practices maintain care recipients' skin integrity consistent with their general health

⇒ Care recipients / representatives confirm they are satisfied with the care provided in relation to care recipients' skin integrity.

SKIN INTEGRITY FACTORS

- PERSONAL HYGIENE
- NUTRITIONAL STATUS
- SMOKING
- SUBSTANCE ABUSE
- ACTIVITY
- AGE
- INCONTINENCE
- HYPOXEMIA
- DIABETES
- MEDICATIONS
- INFECTION



Woods Point aims to meet this outcome as by the following:

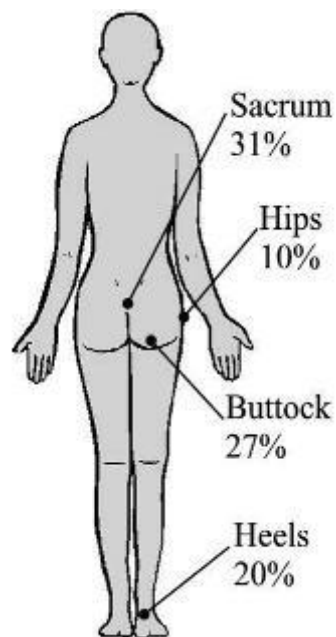
Staff undertake an initial assessment on admission and then regularly to ensure the care plan meets the care recipients' specific needs and preferences, including wound management, nail and skin integrity.

Identification of care recipients at risk of impairment to skin integrity, such as care recipients with diabetes, mobility problems, medications, amputations and incontinence, and those prone to pressure areas are clearly communicated to care staff through the development of a care plan.

The care plan identifies; individual resident needs/

Skin Care

problems, a goal for each need/problem and strategies/interventions to meet the goals. Goals are realistic and wherever possible the resident should be involved in setting goals.



Resident focused strategies/interventions are consistent with contemporary practice, guided by documented policies /

procedures.

Any resident that is restricted with mobility has

processes in place to reposition the care recipient as frequently as required and to assess care recipients with each position change for regular skin status assessments of individuals at risk of developing a pressure sore.

Regeneration of skin cells occurs at a slower rate in the elderly. There is also a decrease in blood supply resulting in a reduced ability to regulate body temperature, causing elderly residents to feel the cold more in the extremities. Increased bruising can occur as the blood vessels become frailer and there is an in-

creased risk of pressure ulcers with reduced fatty tissue and skin tears with decreased skin elasticity.

Some of the preventative strategies Woods Point implements have a focus on the risk factors described below;

- ⇒ Manage moisture - Improve the skin's capacity to bind moisture and results in a moisturising effect such as, glycerine, aloe, sorbolene
- ⇒ Manage nutrition – well balanced diet and address any weight loss
- ⇒ Manage friction and shear
- ⇒ Manage pressure – use

Skin Care

equipment and reposition regularly

⇒ General care issues

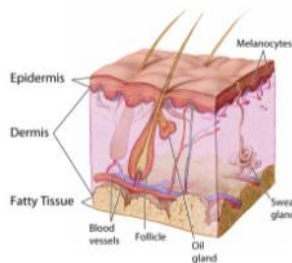
Other pressure relieving strategies include;

⇒ Avoiding the use of plastic draw sheets

⇒ Avoiding tightly tucking in the bed linen

⇒ Checking for wrinkles and crumbs in the bed linen

⇒ Re-positioning of residents using pillows lengthwise to achieve a 30° tilt provides comfort and relief from pressure without the need to *manhandle* the resident. This technique also reduces friction burns



and shearing injuries.

⇒ Use of foam/pillows to reduce pressure between bony prominences or a cushion to sit on

⇒ Sheep skin for sitting/lying

⇒ Avoid raising the bed head >30° (other than meal times) to reduce shearing forces

⇒ Raise the foot of the bed slightly to reduce shearing forces.

⇒ Do not raise feet greater than hips to avoid pressure on the buttocks.

⇒ Arm and Leg Protectors, tubigrip to protect arms and lower legs from bruising and skin tears.

Staff practices are moni-

tored and improved through education including the use of assessment tools, equipment, and methods of facilitating care recipients' skin integrity.



Care staff are educated on specific directions for maintaining and improving skin integrity such as, skin hygiene, maintaining mobility, positioning, pressure reducing resources and equipment, massage, emollients twice daily, nutrition and hydration, protective clothing and rugs.

Marita Seamer
Director of Nursing

Autumn Sun

Until only recently we have been experiencing a very mild autumn.

And what better way to make the most of such lovely weather than to find a sunny spot, pull up a chair and read the paper.

Eileen does exactly that on mornings that the weather is fine.



Sheltered from the wind, this nice little spot is perfect for catching up on the world events.

Federal Election

Voting will be available at Woods Point for the upcoming election.

A mobile polling team will visit Woods Point on:
Monday June 27th
and voting will be available
between
10am and 1pm
on this date.

Residents who are on the electoral roll will be expected to vote, age is not a reason for not voting.

Forms requesting to be removed from the electoral roll are available from reception.

JUNE

Birthday!

Edna Etchells 1st
Violet Dowsey 2nd
June Lydford 4th
Edi Manktelow 5th
Bob Saville 12th
Joy Duus 13th
Loris Fixter 21st
Sheila Abnett 23rd
Jill Sambrooks 23rd
Merle Conway 25th
Janet Drinnan 28th
Tony Doyle 29th
Marion Morris 29th





We have a new addition to Woods Point and he goes by the name of Paulie.

He is small, brown and white and loves a cuddle.

We are pleased to introduce you to Paulie as our new Pet Therapy dog.

He is only a baby but is already showing that he is very happy to be with us. Paulie loves a cuddle and a little bit of attention.

Laughter is the best medicine!

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another

two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a cat at home!"

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Instead of "the John," I call my toilet "the Jim." That way it sounds better when I say I go to the Jim first thing every morning.

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A boy asks his father, "Dad, are bugs good to eat?"

"That's disgusting. Don't

Laughter is the best medicine, unless you have broken ribs.



talk about things like that over dinner," the dad replies.

After dinner the father asks, "Now, son, what did you want to ask me?"

"Oh, nothing," the boy says. "There was a bug in your soup, but it's gone now."

Goulburn & Ovens

June 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		9.45 Exercises/Walks 10.30 Bobs 1.45 Short Stories 2.30 Bingo	9.45 Exercises/Walks 10.30 Resident Meeting 1.45 Bobs 3.00 Trivia Questions	9.45 Men's Shed 11.00 Word Challenge 1.45 Kiosk 2.00 Sacred Heart Kids. 3.00 Story Time	1.45 Memory Cards 3.00 Footy Game 3.00 Happy Hour	1.45 Quiz 3.00 Footy Game 3.00 Scrabble
6	7	8	9	10	11	12
9.45 Exercises/Walks 10.45 Bobs 1.45 Memory Cards 2.00 Anglican Church 3.00 Quiz	9.45 Exercises/Walks 10.00 Catholic Church 10.30 Carpet Bowls 1.45 Shopping 3.00 Quiz	9.45 Exercises/Walks 10.30 Bobs 1.45 Hangman 2.30 Bingo	9.45 Exercises/Walks 10.30 Scrabble 1.45 Scenic Drive 3.30 Story Reading and Reminiscing	9.45 Men's Shed 11.00 Word Challenge 1.45 Kiosk 2.00 Sacred Heart Kids. 3.00 Word Games/Quiz	1.45 Quiz 3.00 Footy Game 3.00 Happy Hour	1.45 Quiz 3.00 Footy Game 3.00 1 on 1 chats and Reminiscing
13	14	15	16	17	18	19
 1.45 Queen Quiz 2.30 High Tea	9.45 Exercises/Walks 10.00 Catholic Church 10.30 Carpet Bowls 1.45 Dave Evans 3.00 Quiz	9.45 Exercises/Walks 10.00 Kinder Kids 1.45 Quiz 3.00 Monthly Birthday	9.45 Exercises/Walks 10.30 Bobs 11.00 Uniting Church 1.45 Scrabble 3.30 Word Games/Quiz	9.45 Men's Shed 11.00 Word Challenge 1.45 Kiosk 2.00 Sacred Heart Kids. 3.00 Reminiscing	1.45 Reading 3.00 Footy Game 3.00 Happy Hour	1.45 Bingo 3.00 Footy Game 3.00 1 on 1 chats and Reading
20	21	22	23	24	25	26
9.45 Exercises/Walks 10.45 Memory Cards 1.45 Beanbag Throw 2.00 Anglican Church 3.00 Quiz	9.45 Exercises/Walks 10.00 Catholic Church 10.30 Carpet Bowls 1.45 Op Shopping 3.00 Quiz	9.45 Exercises/Walks 10.30 Bobs 1.45 Hangman 2.00 Kinder Kids 2.30 Bingo	9.45 Exercises/Walks 10.30 Word Games/Quiz 1.45 Scenic Drive 3.30 Story Reading and Reminiscing	9.45 Men's Shed 11.00 Word Challenge 1.45 Kiosk 2.00 Sacred Heart Kids. 3.00 Story Reading	1.45 Memory Cards 3.00 Footy Game 3.00 Happy Hour	1.45 Bobs 3.00 Footy Game 3.00 1 on 1 chats
27	28	29	30			
9.45 Exercises/Walks 10.45 Hangman 1.45 Scrabble 2.00 Anglican Church 3.00 Quiz	9.45 Exercises/Walks 10.00 Catholic Church 10.30 Carpet Bowls 1.45 Rich Glen 3.00 Quiz	9.45 Exercises/Walks 10.30 Bobs 1.45 Quiz 2.30 Bingo	9.45 Exercises/Walks 10.30 Scrabble 1.45 Scenic Drive 3.30 Word Games/Quiz			