

What's The Point?

**March
2016**



Volunteer pianist, Barb Hird, was back at the piano in February and resident Faye was amongst the many residents who gladly welcomed Barb back.

Faye and other residents danced and sang along to the tune that Barb belted out on our newly donated piano.

Some of the tunes that the residents enjoyed singing along to included “Hallelujah”, “Ramblin’ Rose” and “Can’t Help Loving That Man”.

Barb plays every second Wednesday from 10.30 and we encourage residents (and family/friends) to come along and enjoy the entertainment.

Tegan's Enchanted Beauty Waxing

Tegan's next visit will be
Tuesday

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.

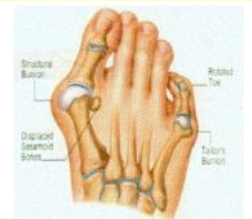
The meetings are held on the first Thursday of the month at 10.30 in the main dining room.

All residents and their family representatives are invited to attend these meetings.

Thursday
March 3rd



Podiatrist Visit
March 21st



"Happy Hour" is hosted in the main lounge every Friday at 3pm.



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

Happy Birthday!



Woods Point's eldest resident, Myrt O'Bryan, celebrated her 104th birthday on February 14th. Son Ron and daughter-in-law Margaret visited from Queensland to help make the day special for Myrt.

Myrt is one of 5 of the Woods Point residents who are over 100 years of age with fellow resident Annie Forrester celebrating her 101st Birthday on the 16th of March.

*Happy
Birthday*

March Birthdays

Don O'Rafferty 3rd

Monica Ivers 6th

Denise Ryan 7th

Nancy Wheeler 11th

Annie Forrester 16th



Birthday's - each month we celebrate the birthdays of our residents with an afternoon tea and a very large sponge. Bonnie was one of the celebrants in February and loved sharing the cake with our other residents.



Our pets are a big part of our family even in aged care.

Jessie's daughter, Joan brings in Holly each day for a visit and lots of hugs. Other residents enjoy patting Holly as she sits by Jessie.

Clothing

Reminders that all items belonging to Residents, including all clothing, need to be labelled.

Please leave new clothing



at reception so that it can be taken directly to the laundry for labelling purposes. More labels can be purchased as required by speaking with Administration staff.

Huge numbers of items pass through our laundry daily – It's very unlikely that unlabelled items can be returned to correct owner.

Valuables / Spending Money

From the resident information booklet:

Residents are discouraged from leaving valuables or large amounts of cash in the facility.

Woods Point Aged Care will not take responsibility for the loss of valuables or money despite all endeavours to maintain and promote a secure environment.

Woods Point encourages all residents to take out their own insurance policy to cover valuables.

Residents and or their family members who insist on leav-

ing valuables in the facility may do so after exonerating the facility from any responsibility.

Residents often require some spending money (petty cash) for the purchase of small items or services such as hairdressing and outings.

A petty cash system for small amounts of money for residents who require such a service is available for these items at reception.



Racism - what is it?

“Why do people think that something as permanent as race, something we have no choice in, can make us better than another person?”

There are no reasons or excuses for racism. It's just wrong.

Racism is ugly. It divides people into “us” and “them”, based on where we come from or the colour of our skin. And it happens when people feel that it's okay to treat others badly as they go about their daily lives.

Racism is never okay. But it still happens in Australia. Every day.

Racism happens in lots of different ways. You hear it when people:

- * Make “jokes” or negative comments about a particular ethnic group
- * Call others racist names or verbally abuse them.
- * Bully, hassle or intimidate others because of their race.
- * Claim that foreigners are taking their jobs.
- * Thinks and vocalises that everyone else has the problem.

In many cases, racism is against the law and will not be tolerated at Woods Point from anyone, residents, staff or visitors.

The continued success of Woods Point is jointly attributed to the employment of Registered Nurses from the Iron Program as it has enabled the filling of many shifts per fortnight of professional Registered Nurses that understand their professional code of conduct and clinically have competent skills.



Would you rather Woods Point be short staffed

Racism - what is it?

every shift than have the highly professional and well qualified RNs delivering competent care.

We understand this initiative has challenged staff and residents and rather make negative judgemental statements; it is an expectation that every staff member is treated with respect and called by their name by every resident.

Value the contribution made by all staff as they do an amazing job caring for your every care need and idiosyncrasy.

Woods Point has the follow-

ing expected standards of behaviour that must be adhered to by all staff, resident and visitors at all times:

- * Be **polite** to each other
- * Treat each other with **dignity** and **respect**
- * Treat each other **honestly** and **fairly**
- * Have **tolerance** for difference and no derogatory names
- * Work **together**
- * **Listen** and **respond** appropriately to other peoples' point of view.
- * Do not negatively speak of any staff member.



Lost Property

We have a number of jewelry items in the safe at reception, including watches, rings, earrings, brooches.



If you have lost any jewelry items please come to reception as we just may have had the item handed in to us.

Upon admission staff take photo's of items such as watches etc to assist with locating owners if found. If you receive new items please request a photo be taken for your file.

Opportunity to Improve and Complaints

From Resident Information Booklet

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 Care Station 3

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 the following services are available. Brochures about these services are available at front reception.

The Aged Care Complaints Scheme

Department of Health and Ageing

Toll free: 1800 550 552

Website online complaints form:

www.health.gov.au/internet/main/publishing.nsf/content/ageing-complaints-form.htm

The Office of the Aged Care Commissioner

Toll-free: 1800 500 294

Email:

info@agedcarecommissioner.net.au

Aged Care Assessment Team (ACAT)

Telephone: (03) 58236 000



Residents are pleased to have the school children back for regular Friday afternoon visits. Fridays had been bit quiet over the school holiday period.



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Meetings

Resident / family meetings are conducted monthly. All residents and their family members and representatives are welcome to attend this meeting.

The date of the next meeting is added to resident newsletter, which is displayed on noticeboard.

The purpose of meetings is to provide an opportunity for residents and their family members / representatives to comment on matters relating to the facility and be involved in decision making about the operation of the facility.

Exercises/Walks

With the wicked hot days of summer waning we encourage residents to pick up those feet and get walking outside.

A short stroll (15 minutes) outside assists with ensuring you get exercise, fresh air and your daily Vitamin D exposure (from the sun).

The activities staff have exercises/walks scheduled almost everyday so if you would like to walk in a group then check the activities calendar and whiteboards for when these walks are scheduled.

Walking:

- Helps reduce the risk of falling and fracturing bones.
- Can help reduce blood

pressure in some people with hypertension.

- Helps people with chronic, disabling conditions improve their stamina and muscle strength.



- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps maintain healthy bones, muscles, and joints.
- Helps control joint swelling and pain associated with arthritis.

2016 Resident Footy Tipping Competition



The 2016 AFL Season starts on THURSDAY 24th March 2016

There are 9 Games per Round and there are 23 Rounds in the Season

Entry Fee is \$20-00 per resident (that's the same as last year). **Entry Fee is to be paid to Activities Staff (Heather, Pam, Kerry, Lili, Lorraine, Mel or Gavin) on or before FRIDAY 17TH MARCH 2016).**

Each Tipster will be given a Fixture showing all games for the 2015 Season.

Each week's Tips or Selections are to be marked on your Fixture by crossing out the names of the teams you think will LOSE for that Round.

For example, if you wanted to pick Carlton to win the first game in Round 1 you would mark your Fixture like this:

~~Richmond~~ vs Carlton
Tips for each Round are to be given to Activities Staff or put in the Footy Tipping Box on top of the piano **BY 3:00PM ON THE DAY OF THE 1ST GAME OF EACH ROUND.**

This means, **Tips for Round 1 are to be "in" by 3:00PM on WEDNESDAY 23/03/2016.**

If your Tips are not in by the 3:00PM deadline, you will be given the **AWAY** teams (i.e. the **SECOND** listed teams) for that Round.

Weekly Prize

There will be a Weekly Prize of \$4.00

The Weekly Prize will be paid to anyone who picks 9 winners for the round, or it will be split if 2 tipsters pick 9 winners.

If more than 2 tipsters pick 9 winners in a Round the Weekly Prize will Jackpot to the next Round.

2016 Resident Footy Tipping Competition

If nobody picks 9 winners, the Weekly Prize will Jackpot.

End of Season Prize

First Prize: 50% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the highest number of Correct Tips for the Season.

Second Prize: 30% of the Net Prize Pool (after deducting any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the 2nd highest number of Correct Tips for the Season.

Third Prize: 20% of the Net Prize Pool (after deducting

any Weekly Jackpot payouts) – paid to the Tipster (or equally split between all Tipsters) with the 3rd highest number of Correct Tips for the Season.

GOOD LUCK



Condolences are extended to the families of Jean Townley, Marg Butler, Melva Duggan and Patricia Pritchard who have all passed away recently.

Child Sponsorship

As mentioned in our February newsletter we are seeking residents / relatives or staff who are interested in participating in our Child Sponsorship Program.

We currently sponsor 4 children; Samnang from Cambodia, Modesti from Tanzania, Keidy from Guatemala and Justina from Malawi.

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.

Again, please see administration if you want to participate.

Laughter is the best medicine!



A passer-by watched two Irishmen in a park. One was digging holes and the other was immediately filling them in again.

'Tell me', said the passer-by, 'What on earth are you doing?'

'Well', said the digger, 'Usually there are three of us. I dig, Fergal plants the tree and Sean fills in the hole. Today Fergal is away unwell, but that doesn't mean Sean and I have to take the day off, does it?'



Young Eric and his family were invited to have Easter lunch at his grandmother's house. Everyone was seated around the table as the food was being served. When Eric received his plate he started eating straight away.

'Eric, wait until we say grace,' demanded his father.

'I don't have to,' the five year old replied.

'Of course you do, Eric,' his mother insisted rather forcefully. 'We always say a prayer before eating at our house.'

'That's at our house,' Eric explained, 'but this is Grandma's house, and she knows how to cook.'



"What a lucky break!
Not only do we FIND the Easter bunny...
BUT we catch him right when he's
making chocolate mini-eggs!"

Goulburn & Ovens

March 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9.45 Exercises/Walks 1 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Quiz 2.45 Parachute Game 3.45 Remember When	9.45-Exercises/Walks 2 10.00-Bobs 1.45 Coffee & Specs 2.30 Bingo 2.30 Movie	9.45 Exercises/Walks 3 10.30 Resident Meeting 11.30 Hangman 1.30 Friendlies 3.45 Quiz 7.30 Monthly Movie	9.45 Men's Shed 4 11.15 Word Challenge 1.45-Kiosk and 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 March. </div>	
9.45 Exercises/Walks 7 10.30 Hangman 1.45 Our Australia 2.00 Anglican Church 2.45 Bob's	9.45 Exercises/Walks 8 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Quiz 2.45 Parachute Game 3.45 Remember When	9.45 Exercises/Walks 9 10.30 Piano Lady 1.45 Coffee & Specs 2.30 Bingo 2.30 Movie	9.45 Exercises/Walks 10 10.30 Golf Putting 2.00 Strawberry Farm 3.45 Short Stories	9.45 Men's Shed 11 11.15 Word Challenge 2.00 Boronia Singers 1.45 Kiosk & Quiz 3.00 Happy Hour		
No Activities Staff 14	9.45 Exercises/Walks 15 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Quiz 3.00 Monthly Birthday	9.45 Exercises/Walks 16 10.30 Bobs 1.45 Coffee & Specs 2.30 Bingo 2.30 Movie	11.00 Uniting Church 17 St Patrick's Day Activities Dress in Green for the day	9.45 Men's Shed 18 11.15 Word Challenge 1.45 Kiosk & Quiz. 2.00 Meet the Kids 3.00 Happy Hour		
9.45 Exercises/Walks 21 10.30 Remember When 1.45 Short Stories 2.00 Anglican Church 2.45 Bob's 3.45 Quiz & Word Game	9.45 Exercises/Walks 22 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Hangman 2.45 Our Australia 3.45 Remember When	9.45 Exercises/Walks 23 10.30 Piano Lady 1.45 Coffee & Specs 2.30 Bingo 2.30 Movie	9.45 Exercises/Walks 24 10.30 Scrabble 2.30 Bundalong Cafe 3.00 Happy Hour	GOOD FRIDAY. 25		
EASTER MONDAY 28	9.45 Exercises/Walks 29 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Whiteboard Games 2.45 Bean Bag Throw 3.45 Quiz	9.45 Exercises/Walks 30 10.30 Bobs 1.45 Coffee & Specs 2.30 Bingo 2.30 Movie	9.45 Exercises/Walks 31 10.30 Quiz 2.00 Lake Walks 3.30 Reminiscence			