

What's The Point?

May
2016

May 1st, 2016 marks the 10th Anniversary of the very first residents moving into Woods Point Aged Care. Lesley Bell, Robert Bruce, James Dunford, Dot and Stan Lane, Doris Ridley, David and Val Smith

all made Woods Point home on this date.

Residents Jeane Knights and Jill S a m b r o o k s (pictured here) both moved in later in the month and both are still with us today.

We spoke with them to ask a few questions about their time here at Woods Point. Jeane recalls early days of performing as “The Golden



Girls” with fellow residents and DT staff member Cindy on the organ.

.....Continued Page 3

Celebrating
10
Years

Tegan's Enchanted Beauty Waxing

Tegan's next visit will be
Tuesday May 10th

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 Representative 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 May 5th

Podiatrist Visit May 2nd and 23rd



*"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!*



10 year anniversary (cont)

Jeane spoke fondly of the Texas Hold'em poker games with John Clarke, Ray Judd and Joy Baker which would roll into Euchre marathons up until tea time.

Jeane says that the friendly staff have always made her feel comfortable here, her room is always kept clean and the laundry girls do a great job. She has made some lovely friendships over the years and the laughs are plenty.

Jill remembers the opening ceremony and meeting Sharman Stone (MP). Jill agreed with Jeane that the people are all friendly and she loves being able to cele-

brate her birthdays each year with some wonderful people. The Spring Dance held in September each year is one of Jill's favourite events and she finds the gentlemen are all very happy to dance with her at this event.

The only thing that makes Jill feel sad is when friends pass away, otherwise she is very happy and loves living at Woods Point.

There have been many great memories made over the past 10 years and we hope many more are to come in the future of Woods Point Aged Care and it's residents.

A reminder to all that the speed limit in the car parks and driveways at Woods Point is 5km.



This is for the safety of all pedestrians in these areas.

Volunteer Fundraisers

Woods Point is very fortunate to have a hardworking, volunteer band of people who produce items which are sold at regular craft stalls.

These stalls have, over the years, raised significant sums of money which are put towards the purchase of items.

Most recently the funds have purchased a new portable PA system; Hoselink garden accessories to make it easier for residents volunteers and staff who hand water the garden beds and pots as well as the purchase

of a brand new bowls mat to replace our very tired and worn out mat.

Thank you to the wonderful team of volunteers who con-

tribute to these fundraising efforts.

And thank you to all who support their craft stalls.



Mulwala Bakery Outing



Lake Walks

Lake Walks were popular with the residents during the month of April. The warmer than usual weather has meant residents have been able to enjoy the outdoor events much more and feeding the birds by the lake was part of one recent outing. Walking along our beautiful fore-shore is also great exercise.



Check your activities calendars and let activities staff know if you want to participate in the next scheduled outing. Whether it be lake walks or some other outing.

Volunteer Raylene and John 'tripping the light fantastic' whilst listening to some tunes from days gone by.



Flu Shots

Woods Point residents were immunised against the flu in April.

However, we remind family and friends that if you are unwell it is best for you to not visit the facility until you are completely recovered to ensure the well being of all residents.

Winter Woolies

Just a reminder if families bring in new clothes, please leave them at reception to be labelled prior to handing to the resident.



Happy Birthday to the following:

Stuart Lonie 3rd
Frank Elliott 13th
Nola Edis 15th
Noel Allen 16th
Ernie Ryan 17th
James Gray 18th
Brendan Crandles 21st
Shirley Cartwright 22nd
Colin Romeo 24th
Jean Mawdsley 24th

Funeral Directors

Woods Point recently conducted an audit of residents files and discovered that some residents do not have information for funerals directors listed.

Residents family members who have mobile's phone numbers on file would have received an SMS asking for this information.

We would appreciate any families that believe they have not provided us with this information to contact our administration staff with the details so that we may update the files.

Resident Smoking

We remind our residents who smoke (and their families) that for their safety they must follow the following rules:

- * Smoking apron to be worn whilst smoking.

- * Smoking must only occur in a designated smoking area with fire blanket located nearby.

- * Any resident with a cognitive impairment will be supervised by staff whilst smoking.

- * Cigarette butts are to be disposed of in the bins provided and not left on the ground.

New Form

A new form has been developed and will be sent out with the May invoices.

This form request representatives to list the names of those family members/friends who are permitted to take residents on outings from the facility.

We request that all representatives complete the form and return to Administration promptly.

This new form is to ensure the safety of all our residents whilst at Woods Point. The next of kin will be contacted if any one other than those listed requests permission to take a resident on an outing.

Thank you!

ANZAC Day Services



Woods Point residents were again fortunate enough to have ANZAC day services provided for them here at the facility.

The local RSL sub-branch organises this event each year to ensure that the men and women who have served our nation in our armed services. This ceremony is always a very moving occasion as everyone takes the time to reflect.

The ceremony included performances by the Sacred Heart Primary School choir again this year.

Woods Point thanks the RSL sub-branch and Sacred Heart students for their involvement.

Sleeping tablets: the right solution?

While it may be tempting to resort to sleeping tablets if you're having trouble sleeping, in most cases it's best to avoid them because they can cause all sorts of problems, particularly when used long term.



Sleeping tablets may help you to fall asleep more easily, but they also make you sleep more lightly. As a result, you will usually feel less rested and less refreshed the next day.

Side effects

Sleeping tablets can cause side effects, including drowsiness, dizziness, un-

steadiness, memory loss, confusion and poor concentration.

These side effects often persist into the next day, particularly in older people. This can make it harder for you to carry out your normal activities. It also makes you more likely to have accidents and falls during the night and into the next day.

Interactions with alcohol and other medicines that make you drowsy or dizzy can exacerbate these side effects. Medicines to watch out for include some strong pain relievers, some antihistamines, and some medicines used to treat anxiety and depression.

Long-term use is a problem

If a sleeping tablet is necessary, it should be used only as a short-term solution for no more than a few days at a time, and only after talking to your doctor or pharmacist.

Sleeping without tablets

The best way to avoid problems is not to use sleeping tablets, and to use other ways of helping you get to sleep. In the long term, developing good sleep habits is usually a better way of overcoming sleep problems than using medicines. Sleeping naturally also results in a deeper and more refreshing sleep.



Infection Control

This month we focus on Expected Outcome – **4.7 – Infection Control**

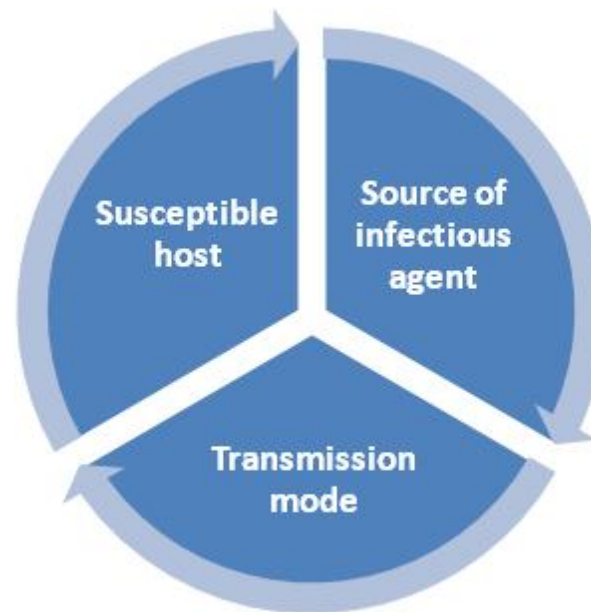
This expected outcome requires that there is: *An effective infection control program.*

The focus of this expected outcome is 'results' and ensures the following:

- ▾ Management demonstrates its infection control program (plans, procedures, practices, equipment) is effective in identifying and containing infection.
- ▾ Management has information on infection and/or other statistics about the effectiveness of its infection control program in

identifying, containing and preventing infection.

- ▾ Staff practice is consistent with Australian government infection control guidelines.



As illustrated in the above diagram the Chain of Infection has three elements that are required for an infection

to occur;

- ▾ Source of infectious agents (organisms, germs that can cause infection)
- ▾ Mode of transmission (a means of spreading)
- ▾ A susceptible host - the frail elderly are more susceptible

This is how we ensure the infection control program is managed effectively:

Implementing standard precautions and where required transmission-based precautions breaks the chain of infection and reduces the risk of residents developing a healthcare-associated infection.

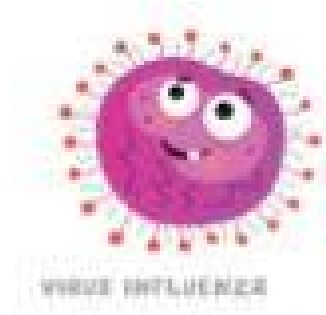
Infection Control (cont.)

Standard precautions include; hand hygiene, personal protective equipment, staff and resident health including a vaccination program, respiratory hygiene and cough etiquette, aseptic technique for procedures, management of blood and body substance spills, correct handling and disposing of sharps, correct handling of linen, waste management, pest control, environmental cleaning and a food safety program.

Infection rates are monitored daily and monthly statistical analysis occurs to identify trends and identified need to change work practices and or procedures

by a designated infection control practitioner.

Outbreak control measures are implemented in a timely manner to minimise the spread of infection. Timely and appropriate communication of information to staff, residents, visitors and authorities is a key component of outbreak management.



Last year, there were more than 25,000 confirmed cases of influenza reported, with the peak being in the first week of August. It has been reported by the National Institute of

Clinical Studies that more than 2,500 Australians die every year due to flu-related problems.

Vaccination is important for high-risk groups like the elderly, children, and people suffering from asthma, diabetes or heart diseases - and healthcare workers who are more exposed to the virus.

With the flu season upon us it is a timely reminder for all residents, representative and visitors to be reminded of Bentley Wood's policy.

Good personal health and hygiene habits prevent the virus from both spreading.

In the event of an influenza outbreak unvaccinated staff, volunteers and visitors will

Infection Control (cont.)

not be permitted access to the facility. This is to maximise resident and staff protection.

The annual influenza vaccination is the most successful measure used to protect against the flu.



All residents and staff are encouraged to have the influenza vaccination and this vaccination has been commenced for 2016.

If you have any questions about infection control measures please do not hesitate to speak to the care staff.

Marita Seamer
Director of Nursing

In Memory



Condolences are extended to the Murphy and Kerr families on the recent passing of residents Tony Murphy and Avis Kerr.

*Wishing you Strength
for today and
Hope for tomorrow*

2016 Footy Tipping

After round 5 our top four tipsters are Alice Lindhe leading with 34 correct tips, closely followed by last year's winner Ernie Ryan on 33 then Dennis Bailey on 32 and Tim Crossin on 31.

It's still early days in the contest and the rest of the field are not far behind the leaders so will be all trying their very best to make up the difference in the coming rounds.

And don't forget there is a \$4 weekly jackpot to any person who picks 9 correct each round. Currently the jackpot is sitting at \$24 for the next round.

New Salon

Our new salon is nearly finished and located just around the corner from the older one. It's much bigger and will be a more comfortable place for our residents to have their hair care needs met. Kylie hopes to start using the salon in early May.



Laughter is the best medicine!

A retired husband is often a wife's full-time job.

.....
Two older ladies were discussing their husbands over tea.

"I wish that my Robert would stop biting his nails. It gets me very upset. "My Martin used to do the same thing," the other woman replied. "But I broke him of the habit."
"How?" the first woman asked.

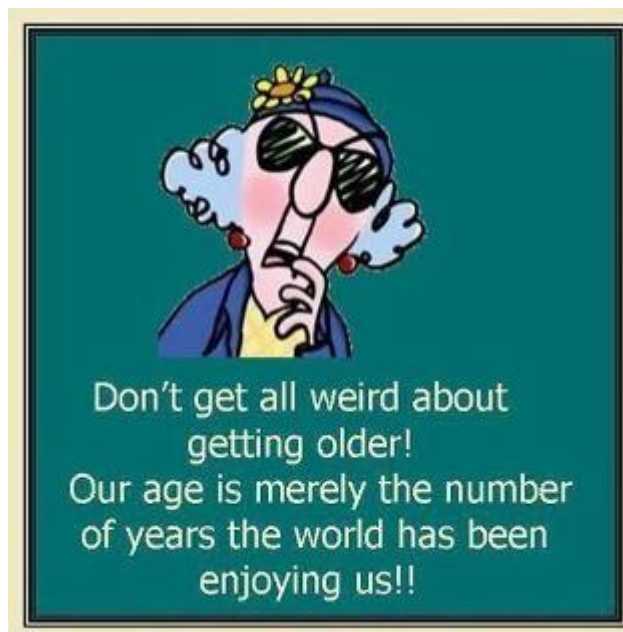
"I hid his teeth."

.....
A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults

and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!" His father replied,



"No, your mom was talking about her side of the family."

.....
The teacher was asking the students in her class "Which book has helped you the most in your life?"

Lots of different hands went up but the teacher chose Little Johnny - whose answer was - "My father's cheque book!"

.....
Bruce calls Qantas to book a flight. The operator asks 'How many people are flying with you?'

Bruce replies; 'How would I know! It's your plane!!'

Goulburn & Ovens

May 2016

Happy Mother's Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30</p> <p>9.45 Exercises/Walks 10.45 Scrabble 1.45 Scenic Drive 2.00 Anglican Church 3.00 Quiz / Word Games</p>	<p>31</p> <p>9.45 Exercises/Walks 10.00 Catholic Church 10.30 Carpet Bowls 12.30 Burkes Pub 3.00 Quiz</p>					<p>1</p> <p>1.45 Scrabble 3.00 Footy Game 3.30 Quiz in Wing 2 Lounge</p>
<p>2</p> <p>9.45 Exercises/Walks 11.00 Bobs 1.45 Remember When 2.00 Anglican Church 3.00 Story Reading</p>	<p>3</p> <p>9.45 Exercises/Walks 10.00 Catholic Church 10.30 Carpet Bowls 1.45 Mulwala Bakery 3.00 Quiz</p>	<p>4</p> <p>9.45 Exercises/Walks 10.30 Bobs 1.45 Short Stories 2.30 Bingo</p>	<p>5</p> <p>9.45 Exercises/Walks 10.30 Resident Meeting 1.45 Friendlies 3.30 Quiz 7.00 Monthly Movie</p>	<p>6</p> <p>9.45 Men's Shed 11.00 Word Challenge 12.30 Happy Hr Lunch 2.00 Kiosk / SH kids. 3.00 Quiz</p>	<p>7</p> <p>1.45 Scrabble 3.00 Footy Game 3.30 Quiz in Wing 2 Lounge</p>	 <p>8</p> <p>1.45 Special Visitor 3.00 Footy Game 3.30 Entertainment</p>
<p>9</p> <p>9.45 Exercises/Walks 11.00 Quiz 1.45 Scrabble 2.00 Anglican Church 4.00 Hangman</p>	<p>10</p> <p>9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Cobram Harmonqs 3.00 Quiz</p>	<p>11</p> <p>9.45 Exercises/Walks 11.00 Bobs 1.45 Activity Meeting 2.30 Bingo</p>	<p>12</p> <p>9.45 Exercises/Walks 10.30 Scrabble 1.45 Story Reading 3.00 Target Master & Hangman</p>	<p>13</p> <p>9.45 Men's Shed 11.00 Word Challenge 12.30 Happy Hr Lunch 2.00 Kiosk / SH kids. 3.00 Quiz</p>	<p>14</p> <p>1.45 Scrabble 3.00 Footy Game 3.30 Quiz in Wing 2 Lounge</p>	<p>15</p> <p>1.45 Reminiscing 3.00 Footy Game 3.30 Quiz in Wing 2 Lounge</p>
<p>16</p> <p>9.45 Exercises/Walks 11.00 Bobs 1.45 Short Stories 2.00 Anglican Church 3.00 Monthly Birthday</p>	<p>17</p> <p>9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Dave Evans 3.00 Quiz</p>	<p>18</p> <p>9.45 Exercises/Walks 11.00 Bobs 11.30 Myrtleford Lodge 1.45 Get together 3.00 Bingo</p>	<p>21</p> <p>9.45 Exercises/Walks 10.30 Bobs 11.00 Uniting Church 1.45 Scenic Drive 3.30 Word Games and Quiz</p>	<p>20</p> <p>9.45 Men's Shed 11.00 Word Challenge 1.45 Kiosk and Quiz. 1.45 Redshift</p>	<p>21</p> <p>1.45 Scrabble 3.00 Footy Game 3.30 Short Story in Wing 2 Lounge</p>	<p>22</p> <p>1.45 Reminiscing 3.00 Footy Game 3.30 Quiz in Wing 2 Lounge</p>
<p>23</p> <p>9.45 Exercises/Walks 11.00 Bobs 1.45 Quiz 2.00 Anglican Church 3.00 Hangman</p>	<p>24</p> <p>9.45 Exercises/Walks 10.00 Catholic Church 10.15 Carpet Bowls 1.45 Bundalong Cafe 3.00 Short Stories</p>	<p>25</p> <p>9.45 Exercises/Walks 11.00 Bobs 2.00 Bingo</p>	<p>26</p> <p>9.45 Exercises/Walks 10.30 Scrabble 1.45 Scenic Drive 3.30 Story Reading</p>	<p>27</p> <p>9.45 Men's Shed 11.00 Word Challenge 12.30 Happy Hr Lunch 2.00 Kiosk / SH kids. 3.00 Quiz</p>	<p>28</p> <p>1.45 Bobs 3.00 Footy Game 3.30 Short Story in Wing 2 Lounge</p>	<p>29</p> <p>1.45 Carpet Bowls 3.00 Footy Game 3.30 Short Story in Wing 2 Lounge</p>